

Pasta



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Basic Pasta Dough

Ingredients

250	grams	King Arthur all purpose flour
3	large	Eggs
1 1/2	tsp	Olive Oil
1	small pinch	Kosher salt



Procedure

- 1 In a large bowl, make a mound of the flour. With your fingers, stir a 'crater' into the top, so you have a circle of flour surrounding a well.
- 2 Break the eggs into a small bowl and add the oil and pinch of salt, beat lightly, then add to the well.
- 3 Using a fork, stir the eggs, incorporating flour slowly from the edges.
- 4 Eventually, when you've incorporated about half the flour, creating a paste, start folding it all together.
- 5 Empty the bowl with the pasta mix onto clean work surface.
- 6 At first it might feel like a sticky mess, then as if it's too dry to come together – but keep kneading – pushing the dough away from you, then folding it back over itself, and giving it a quarter turn, and repeating. When it coheres, scrape down the rough bits off your work surface and discard.
- 7 Give yourself a fresh sprinkle of flour, and continue. (I find with experience the less I have to scrape down, and the more I can work into the dough).
- 8 Knead the ball of dough for 8-10 minutes, until it feels smooth and elastic (if it feels a bit lumpy, keep kneading). If it feels sticky or damp, sprinkle some flour over it and work it in.
- 9 Wrap in cling film, and place in the fridge for 30 minutes, and preferably 1 to 2 hours.
- 10 The dough can be frozen at this point for use in the next several months. Seal the cling wrapped dough in a ziploc type bag, with the excess air pushed out. When ready to use, thaw in the refrigerator overnight.

Recipe Tips

Making Pasta Is All In The Hands. That's not to say there's anything difficult, or magical in the process - it's just that as you become more experienced, it will be your hands that tell you when you have kneaded the dough enough, or if you should incorporate more flour, or if you've incorporated too much. When the dough is perfectly elastic and malleable, you'll feel it before you see it. When making tagliatelle, or papardelle, you'll want a 'stiffer' dough. You might cut down to the traditional 1 egg for every 100g of flour. (For fettucini, I use 275 g flour - Jackie) With ravioli, you'll want something a little more flexible.

Source

Web Page: <http://forums.egullet.org/index.php?/topic/39666-stuffed-pastas/>

Basic Pasta Roll Out And Cut

Ingredients

- 1 ball Basic Pasta Dough
- Semolina Flour, for dusting



Procedure

- 1 Set the pasta machine up on a long clean surface, giving yourself room to work. Sprinkle semolina in front of it, so that the sheet doesn't stick to itself or the surface.
- 2 Cut off a quarter of the dough (wrapping the remainder), and flatten it slightly in your hands. Give it a light sprinkle of semolina, and run it through the widest setting of your pasta roller attachment.
- 3 Fold the resulting piece in 2 or 3, and do again. Repeat this action about 10 times, until you have a smooth and elastic piece of dough.
- 4 If it feels too damp or sticky, sprinkle it with semolina, fold it, and run it once again through the widest setting.
- 5 Then decrease the machine setting incrementally each time until you reach the desired thickness.
- 6 Suggested Roller Settings for Kitchen Aid Pasta Attachment: Roller Setting Uses 1 or 2 Kneading and thinning dough 3 Thick "kluski"-type egg noodles 4 Egg noodles 4 or 5 Lasagna noodles, fettuccine, spaghetti, and ravioli 6 or 7 Tortellini, thin fettuccine, and linguine fini 7 or 8 Very thin "angel-hair"- type pasta/capellini or very fine linguine
- 7 Change out the roller attachment for the cutter attachment.



- 8 Cut the pasta to the desired width, dust with semolina and hang on the pasta drying rack or spread out on a parchment lined sheet pan. Allow the pasta to dry for an hour at room temperature.



- 9 The pasta can now be used in your recipe or frozen for future use. To freeze, lay the pasta in nests on a parchment lined sheet pan, cover with plastic wrap and set in freezer. When the pasta is frozen transfer it to ziploc type bags, with the excess air pushed out. When ready to use, thaw in the refrigerator for several hours.

Creamy Bow Tie Pasta

Add a little zip to your meal with this saucy pasta dish. It's a great accompaniment to almost any meat or seafood.

Servings: 2

Ingredients

1 cup uncooked bow tie pasta
1 1/2 tsp butter
2 1/4 tsp olive oil
1 1/2 tsp all-purpose flour
1/2 tsp garlic, minced
1 dash salt
1 dash dried basil
1 dash crushed red pepper flakes
3 Tbs milk
2 Tbs chicken broth
1 Tbs water
2 Tbs Parmesan cheese, shredded
1 Tbs sour cream

Procedure

- 1 Cook pasta according to package directions.
- 2 Meanwhile, in a small saucepan, melt butter.
- 3 Stir in the oil, flour, garlic and seasonings until blended.
- 4 Gradually add the milk, broth and water.
- 5 Bring to a boil; cook and stir for 2 minutes or until slightly thickened.
- 6 Remove from the heat; stir in cheese and sour cream.
- 7 Drain pasta; toss with sauce.

Recipe Tips

Great with crumbled bacon and Spanish chorizo - Jackie

Source

Web Page: <http://www.tasteofhome.com/recipes/Creamy-Bow-Tie-Pasta>

Farfalle & Hot Italian Sausage With Roasted Red Peppers

Servings: 2

Ingredients

- 4 oz Farfalle (bow tie pasta)
- 1 Tbs Olive oil
- 1 medium Shallot, finely diced
- 2 cloves Garlic, minced
- 2 links Hot Italian sausage, casings removed
- 2 Tbs Roasted red peppers, diced
- 1/2 cup Chicken stock, or more as needed
- Ground black pepper, to taste
- 2 Tbs Parmesan, Asiago, or pecorino Romano, shredded



Procedure

- 1 Cook the pasta per package instructions to al dente. Drain and keep warm.
- 2 Heat a medium skillet at medium heat and add the olive oil.
- 3 When the oil is hot, add the shallots and garlic. Stir and cook until shallots and garlic are soft but not browned.
- 4 Chop the sausage into bite-size pieces and add to the skillet, along with the roasted red peppers. Stir and cook until the sausage is browned and cook through.
- 5 Add the chicken stock and stir to mix well. Reduce the heat and simmer gently for about 10 minutes.
- 6 Season with pepper to taste.
- 7 Add the pasta to the sausage mixture and toss to coat. Allow to sit, covered, for a couple of minutes off the heat, toss again just before serving.
- 8 Serve with shredded cheese on top.

Fettuccine with Prosciutto and Peas

Servings: 3

Ingredients

- 1 Tbs extra-virgin olive oil
- 2 Tbs shallot or white onion, minced
- 1 clove garlic, minced
- 1/2 cup heavy cream
- 2 oz prosciutto, julienned
- 1/2 cup frozen peas, thawed
- 1/4 cup freshly grated Parmigiano-Reggiano, plus more for garnish
- 1/2 lb fresh fettuccine
- 1/4 cup pasta cooking water (reserved)
- salt, to taste
- freshly ground pepper, to taste



Procedure

- 1 Heat large pot of salted water to a boil to cook pasta.
- 2 Heat olive oil in a large skillet over medium heat.
- 3 Add shallots and garlic and saute for a couple minutes or until tender.
- 4 Add cream and simmer for 1 to 2 minutes.
- 5 Add prosciutto and peas and toss gently to combine.
- 6 Sprinkle cheese over top and stir to melt and combine. Cook until heated through.
- 7 Add pasta to pot of boiling salted water and cook for just a few minutes.
- 8 Drain pasta, reserving up to 1/4 cup pasta water.
- 9 Add the drained pasta and some of the reserved pasta water to skillet.
- 10 Toss to combine pasta with sauce and season with salt and pepper, to taste. Add more of the pasta water, to taste.
- 11 Serve, garnished with extra cheese.

Source

Author: Adapted from an Emeril Lagasse recipe

Herbed & Buttered Egg Noodles

This is my favorite thing to serve as a base for dishes such as Stroganoff and Goulash, and it's one of my favorite things all by itself.

Ingredients

5 quart water
1/4 cup table salt
1 lb medium egg noodles
4 Tbs butter
1 Tbs garlic, minced or pressed
1 Tbs fresh parsley, minced
1/4 tsp freshly ground black pepper

Procedure

- 1 In 8 quart stockpot, bring water to a boil, then add salt. Cook noodles according to package directions, or slightly al dente.
- 2 While noodles are cooking, melt butter in the microwave (~30 seconds on high). Stir in garlic, parsley and pepper, then microwave for about 15 seconds more.
- 3 Drain noodles, then return to pot. Add butter/herb mixture to noodles and stir well to combine. Serve hot.

Source

Web Page: <http://forums.egullet.org/index.php?/topic/128686-herbed-buttered-egg-noodles/>

Lasagna

Servings: 8

Ingredients

2	large	eggs, beaten slightly
15	oz	ricotta cheese
1/2	cup	parmesan cheese, shredded
2	Tbs	freshly chopped parsley
1 - 2	Tbs	olive oil
2	lbs	ground beef chuck
1/2	medium	onion, diced
2	cloves	garlic, minced
1/2	cup	button or cremini mushrooms, chopped
16	oz	tomato sauce
3	oz	tomato paste
1/2	cup	dry red wine or dark vermouth
1/2	cup	water
2	tsp	dried basil
2	tsp	dried oregano
1	tsp	dried thyme
1	tsp	dried parsley
1/2	tsp	fennel seed
1	tsp	sea salt
1/2	tsp	freshly ground black pepper
12		lasagna noodles
8 - 12	oz	mozzarella cheese, shredded



Procedure

- 1 Mix beaten eggs with ricotta, parmesan and freshly chopped parsley. Set aside in refrigerator to keep chilled.
- 2 Meat Sauce: Heat large skillet and coat with olive oil. Brown the beef in hot skillet. When meat is nearly done, add the onions and sauté until the onions just begin to soften. Add garlic and mushrooms and continue cooking until onions are transparent. Drain off fat. Add tomato sauce and tomato paste along with the red wine and water. Mix well; add seasonings and simmer until quite thick.
- 3 Cook noodles for only one half the time on the package. Drain and set aside.
- 4 Preheat oven to 350°F. Lightly coat a 9 x 13 baking dish with olive oil.
- 5 Assembly: Spread one-third of the meat sauce mixture in the bottom of the pan. Top with one third of the noodles. Spread noodles with the ricotta mixture, and top with another third of the noodles. Top the noodles with another third of the meat sauce mixture and one-half of the mozzarella. Cover with remaining noodles, meat mixture and mozzarella. Sprinkle with additional parmesan cheese, if desired.
- 6 Bake covered tightly with foil for 45-50 minutes. Uncover and bake an additional 10 minutes to brown top. Remove from oven and let stand for 15 minutes before cutting.

Recipe Tips

1. Three cups of prepared spaghetti sauce can be substituted for the tomato sauce, paste, water, and seasonings to reduce prep time, but don't leave out the wine!
2. Egg roll wrappers can be substituted for the lasagna noodles. Be sure to slice the wrappers into noodle widths so that the sauce can bubble up.

Lasagna Bolognese (lasagne alla bolognese)

Servings: 4

Ingredients

3 Tbs olive oil
1 carrot, chopped
1 onion, chopped
2 3/4 cups ground meat
1/2 cup dry white wine
1 cup bottled strained tomatoes
2 Tbs butter, plus extra for greasing
1 quantity fresh pasta dough (see Tip #2)
1 quantity béchamel sauce (see Tip #3)
1 cup Parmesan cheese, freshly grated
salt and pepper, to taste



Procedure

- 1 Heat the olive oil in a pan, add the carrot and onion, and cook over low heat, stirring occasionally, for five minutes.
- 2 Add the meat and cook until browned, then pour in the wine and cook until it has evaporated.
- 3 Season with salt, add the strained tomatoes and simmer for 30 minutes, then season with pepper.
- 4 Preheat the oven to 400 degrees F.
- 5 Grease an oven proof dish with butter.
- 6 Roll out the pasta dough into a sheet.
- 7 Cut into 4-inch squares and cook, a few at a time, in plenty of lightly salted boiling water for a few minutes.
- 8 Drain and place on a damp dish towel.
- 9 Arrange a layer of pasta at the bottom of the prepared dish, spoon on some of the meat sauce, then some of the béchamel sauce on top; sprinkle with some of the Parmesan and dot with some of the butter.
- 10 Repeat the alternating layers until all the ingredients have been used, ending with a layer of béchamel sauce.
- 11 Bake for 30 minutes.

Recipe Tips

#1 - Even though the recipe does not say to drain the fat from the meat, do it or the lasagne will sit in a pool of grease when done - Jackie

#2 - Fresh Pasta Dough (pasta all'uovo)

Ingredients:

1 3/4 cups all-purpose flour, plus extra for dusting

2 eggs, lightly beaten

salt

Procedure:

1. Sift the flour and a pinch of salt into a mound on the counter. Make a well in the center and add the eggs.
2. Using your fingers, gradually incorporate the flour, then knead for about 10 minutes. If the mixture is too soft, add a little extra flour; if it is too firm, add a little water.
3. Shape the dough into a ball and let rest for 15 minutes.
4. Roll out onto a lightly floured surface or use a pasta machine to make a thin sheet, and cut out tagliatelle, lasagne, etc.

#3 - Béchamel Sauce (beschiamella)

Ingredients:

1/4 cup butter

1/4 cup all-purpose flour
2 1/4 cup milk
salt
ground black pepper
pinch of freshly grated nutmeg (optional)

Procedure:

1. Melt the butter in a pan over medium heat.
2. Whisk in the flour. Pour in all the milk, whisking constantly until it starts to boil.
3. Season with salt, lower the heat, cover, and simmer gently, stirring occasionally, for at least 20 minutes.
4. Béchamel sauce should not taste floury. Remove the pan from the heat. Taste, add salt if necessary, and season with pepper and/or nutmeg.
5. If the sauce is too thick, add a little more milk. If too runny, return to the heat and add a pat of butter mixed with an equal quantity of all-purpose flour.
6. For a richer béchamel sauce, replace half the milk with the same amount of heavy cream; for a lighter béchamel sauce, add half milk and half water.

Source

Source: The Silver Spoon

Linguine Alfredo With Sweet And Spicy Sausages

Pete really, really liked this!

Servings: 2

Ingredients

- 4 oz Linguine
- 1 Tbs Olive Oil
- 2 links Sweet Longanisa, chopped
- 1/4 cup Spanish Chorizo, small dice
- 1/2 cup Alfredo Sauce
- 2 Tbs Parmesan Cheese, grated



Procedure

- 1 Cook the pasta according to directions on the package. Keep warm.
- 2 Heat the olive oil in a medium skillet over medium heat and add the sweet sausage.
- 3 When the sausage has browned, add the chorizo and cook until heated through.
- 4 Remove the meats from the skillet and drain on paper towels.
- 5 Wipe the skillet clean and add the alfredo sauce. Gently warm the sauce until heated through.
- 6 Add the pasta to the sauce and toss well.
- 7 Add the meat to the sauced pasta and toss to coat.
- 8 Serve with grated parmesan on top.

Recipe Tips

Sweet Italian Sausage (casings removed) can be used instead of the Sweet Longanisa.

Linguine With Basil Pesto

Servings: 8

Ingredients

- 1 lb Linguine
- 1 cup Fresh basil leaves, packed (stems removed)
- 2 Tbs Pine nuts or walnuts
- 3 cloves Garlic, finely minced
- 2 Tbs Parmesan and/or pecorino Romano cheese, grated
- 1/4 cup Extra Virgin Olive oil

Procedure

- 1 Cook and drain pasta to package directions. Keep warm.
- 2 Coarsely chop and place basil leaves in a food processor and pulse until well chopped; stopping to scrape down sides as needed.
- 3 Add nuts and garlic, process until well blended.
- 4 Add cheese and process to incorporate.
- 5 Continue to process while slowly adding the olive oil, stopping to scrape down sides as needed, until pesto forms a thick smooth paste.
- 6 Add pesto to well drained linguine and toss. Add extra olive oil to taste. Continue to toss until pasta is well coated. Divide evenly on eight plates and sprinkle with additional grated cheese, to taste.

Recipe Tips

Basil pesto will keep in the refrigerator up to one week; also freezes well.

Linguine With Creamy Clam Sauce

Servings: 4

Ingredients

12 oz linguine
1/4 cup extra-virgin olive oil
1 medium shallot, chopped
5 cloves garlic, finely chopped
1 tin anchovy fillets (6 or 7), drained or anchovy paste, to taste
2 Tbs fresh thyme leaves
1 cup dry white wine or extra dry vermouth
1 cup clam juice or chicken stock
1/3 cup heavy whipping cream
1 can whole baby clams (15 oz), drained
zest of half a lemon, or to taste
1/4 cup parsley leaves, chopped
ground black pepper, to taste

Procedure

- 1 Cook pasta according to package directions minus a few minutes of cooking time so that the pasta is slightly undercooked. Drain and keep warm.
- 2 While the pasta is cooking, heat a large deep skillet over medium heat.
- 3 Add extra-virgin olive oil to the skillet.
- 4 Cook the shallots until soft; add the garlic and continue to cook until fragrant, about 30 seconds more.
- 5 Add the anchovies (or paste) and cook until anchovies melt into the oil.
- 6 Add thyme leaves and wine or vermouth. Reduce wine for about a minute.
- 7 Stir in clam juice or stock and bring to a low boil.
- 8 Reduce heat and add the heavy whipping cream and simmer. Do not boil.
- 9 Stir in clams and lemon zest. Continue to simmer until heated through.
- 10 Take the skillet off the heat. Add pasta to skillet and toss with sauce; allow to sit for 2 to 3 minutes, until pasta is al dente and has absorbed some of the sauce and flavor.
- 11 Add parsley and ground black pepper, to taste and serve.

Source

Source: adapted from a Rachael Ray recipe

Linguine With Lemon Butter Sage Sauce

Servings: 2

Ingredients

4 oz linguine
4 Tbs butter
8 fresh sage leaves
juice of one lemon
1/2 cup Parmesan cheese, grated

Procedure

- 1 Cook and drain pasta to package directions. Keep warm. Reserve some of the pasta water.
- 2 Add butter, sage, and lemon juice to a heavy sauce pan and simmer until smooth and heated through.
- 3 Add linguine to saucepan and add a bit of pasta water to make it sauce like.
- 4 Add parmesan and toss.

Linguine With White Clam Sauce

Servings: 4

Ingredients

12 oz linguine
1/4 cup extra-virgin olive oil
1 tin anchovy fillets (6 or 7), drained or anchovy paste, to taste
1/2 tsp red pepper flakes
5 cloves garlic, finely chopped
2 Tbs fresh thyme leaves
1 cup dry white wine or extra dry vermouth
1 cup clam juice or chicken stock
1 can whole baby clams (15 oz), drained
zest of half a lemon, or to taste
1/4 cup parsley leaves, chopped
ground black pepper, to taste

Procedure

- 1 Cook pasta according to package directions minus a few minutes of cooking time so that the pasta is slightly undercooked. Drain and keep warm.
- 2 While the pasta is cooking, heat a large deep skillet over medium heat.
- 3 Add extra-virgin olive oil to the skillet.
- 4 Add the anchovies (or paste) and cook until anchovies melt into the oil.
- 5 Add red pepper flakes and garlic and continue to cook until the garlic is fragrant, about 30 seconds more.
- 6 Add thyme leaves and wine or vermouth. Reduce wine for about a minute.
- 7 Stir in clam juice or stock and bring to a low boil.
- 8 Reduce heat and stir in clams and lemon zest. Simmer until heated through.
- 9 Take the skillet off the heat. Add pasta to skillet and toss with sauce; allow to sit for 2 to 3 minutes, until pasta is al dente and has absorbed some of the sauce and flavor.
- 10 Add parsley and ground black pepper, to taste and serve.

Source

Source: adapted from a Rachael Ray recipe

Pasta With Crispy Sage Leaves

This was my first time using fresh sage. I really liked the crisp texture of the leaves and their flavor was very mild, not at all like dried or rubbed sage. We will be having this again.

Ingredients

- Bow tie or other dry pasta
- Olive oil
- Butter
- Fresh sage leaves
- Parmesan cheese, grated
- Ground black pepper, to taste



Procedure

- 1 Cook and drain the pasta to package directions. Keep warm.
- 2 Preheat a non-stick skillet to just under medium.
- 3 Add the olive oil and let it heat up a bit, then add the butter. Wait until it has foamed for a few seconds before adding the sage leaves.
- 4 The leaves should fry for about a minute and a half before turning, then let them fry for another 30 seconds.
- 5 Remove the sage from the pan and drain on paper toweling.
- 6 Toss the pasta in the skillet with the oil and butter.
- 7 Add the cheese to the skillet and toss.
- 8 Plate the pasta and top with crispy sage leaves, more cheese, and fresh ground black pepper.

Pasta With Sausage, Roasted Red Peppers & Basil Pesto

Delicious!

Servings: 4

Ingredients

- 2 or 3 Italian hot sausage links, skins removed, sliced to bite-size pieces
- 2 Tbs roasted red peppers, diced
- 8 oz dry or fresh pasta
- 1/4 cup basil pesto
- Parmesan cheese, grated
- fresh ground black pepper



Procedure

- 1 Heat a medium size non-stick skillet over medium heat. Add sausage to hot skillet and cook until browned on all sides.
- 2 Stir in the red peppers and continue to cook until peppers are fragrant and just heated through.
- 3 Take pan off heat, cover and set aside.
- 4 While sausage is cooking, heat salted water for pasta. Add pasta to boiling water and cook according to package directions until just done.
- 5 While pasta is cooking, add pesto to a large, warmed bowl.
- 6 When pasta is done, drain well, add to pesto and toss to coat.
- 7 Add sausage and roasted red peppers to pasta, toss and serve immediately.
- 8 Serve with grated Parmesan and fresh ground black pepper.

Spaghetti alla Carbonara

Alla carbonara means "in the manner of the coal miner" (or the coal miner's wife). According to legend, the dish was popular with miners because the few ingredients could easily be carried or, in the case of eggs, pocketed from hen-houses on the way to work. When appetites knocked, a simple campfire in the woods was all that was needed to make an elegant meal. The liberal use of pepper is considered a modern-day metaphor for the specks of coal that would inevitably drop from the miners' clothing onto the plates of pasta.

Servings: 4

Ingredients

- 1 Tbs olive oil
- 6 oz thickly sliced pancetta, diced into 1/4-inch pieces
- 2 Tbs salt
- 1 lb spaghetti
- 3 large eggs plus 1 egg yolk, well beaten
- 3/4 cup Parmigiano-Reggiano, grated
- 1/4 cup pecorino Romano, grated
- 3/4 cup boiling pasta water
- freshly ground black pepper, to taste



Procedure

- 1 In a large skillet, heat the olive oil over medium heat. Add the pancetta and cook, stirring often, until it's crisp. Set the pan aside.
- 2 Bring 6 quarts of water to a boil. Add the salt and the spaghetti and cook until al dente.
- 3 Drain, reserving the 3/4 cup of pasta water, and return the pasta while it's very hot to the pan, set over very low heat.
- 4 Immediately add the eggs, half of each of the cheeses, the reserved pancetta and any rendered fat, and toss well.
- 5 Add just enough of the pasta water to make the mixture creamy.
- 6 Sprinkle liberally with pepper and serve at once. Pass the remaining cheese at the table.

Recipe Tips

From Secrets of a Restaurant Chef: Add olive oil and pancetta to a cold pan and render slowly. Salt pasta water heavily with kosher salt - should taste like the sea. Mix eggs, cheeses, and pepper together before adding to pasta. Add drained hot pasta directly to hot pan of rendered pancetta; then pour in egg mixture and stir until eggs are just set (do not overcook as scrambled eggs are not what we want). Garnish with sliced green onion (green part only).

Source

Author: David Leite

Veal, Spinach and Cheese Stuffed Cannelloni

Servings: 6

Yield: 12 cannelloni

Ingredients

7 tsp olive oil (divided use - 2 Tbs, 1 tsp)
1 1/2 cups sweet onion, diced
1/2 lb ground veal
1/2 lb ground pork
1/4 lb sweet sausage, removed from casings and crumbled
1 1/4 tsp salt (divided use - 1 tsp, 1/4 tsp)
1/4 tsp freshly ground black pepper
1/4 tsp crushed red pepper
1 Tbs garlic, minced
1 bay leaf
2 Tbs tomato paste
1/4 cup dry red wine
1 1/2 cups crushed tomatoes and their juices
1/4 cup chopped fresh parsley leaves
1/4 cup unsalted butter
1/4 cup all-purpose flour
2 1/2 cups milk
1/4 tsp freshly ground white pepper
1/8 tsp freshly grated nutmeg
1/2 cup cooked and well drained spinach
1 cup ricotta cheese
1/2 cup Parmigiano-Reggiano, grated
12 fresh pasta sheets, 5-inch square, blanched & cooled
fresh parsley, chopped, for garnish, optional



Procedure

- 1 Heat 2 tablespoons of olive oil in a medium saucepan over medium-high heat. Add the onions and cook until softened, 3 to 4 minutes. Add the ground veal, pork and sweet sausage and cook until well-browned about 8 minutes. Season with 1 teaspoon of salt and 1/4 teaspoon of ground black pepper. Add the crushed red pepper, garlic, and bay leaf and cook for 2 minutes. Stir in the tomato paste, and cook for 1 minute more. Add the red wine and crushed tomatoes and bring to a boil. Reduce heat to a simmer and cook for 25 to 30 minutes, stirring occasionally. Remove from the heat, stir in the chopped parsley, and cool slightly.
- 2 Preheat the oven to 375 degrees F and lightly grease a 9 by 13-inch baking dish with 1 teaspoon of the olive oil.
- 3 Melt the butter in a medium saucepan over medium heat. Whisk in the flour and cook for 2 minutes, stirring frequently. Add the milk and whisk to combine well. Bring to a boil, stirring frequently, and cook for 5 minutes, until very thick and the floury taste is gone. Season with 1/4 teaspoon salt, 1/4 teaspoon white pepper and the nutmeg. Remove from the heat and press plastic wrap onto the surface of the sauce so that a skin will not form; reserve.
- 4 In a large bowl combine the slightly cooled meat mixture, spinach, ricotta and 1/4 cup of the grated Parmesan cheese. Adjust seasonings with salt and pepper, to taste.
- 5 Arrange noodles flat on a clean work surface. Spoon 1/3 cup of the filling down the center of each square and roll to enclose the filling.

6 Place the cannelloni, seam side down, in the prepared baking dish. Repeat with remaining filling and pasta squares.



7 Pour the reserved bechamel sauce over the cannelloni, making sure to cover the pasta completely. Sprinkle with the remaining 1/4 cup of Parmesan.



8 Bake until heated through and golden and the sauce is bubbly, 25 to 30 minutes, or 30 to 40 minutes if chilled.



9 Cool cannelloni for 5 minutes before serving. Garnish with chopped fresh parsley, if desired.

Recipe Tips

Emeril used ground beef, pork and veal on the TV episode.

Source

Author: Emeril Lagasse's Emeril Live