Fresh Pasta for Canneloni

250 mL flour

1 egg

10-20 mL water

1 mL salt

5 mL olive oil

1. Measure flour and salt into a bowl.
2. Combine water, oil and egg. Stir well.
3. Add liquid to dry and stir with a fork.
4. Knead a few times and run through the pasta maker as shown.

**Cannelloni Filling:**

**Ingredients**

* 100 g ground beef
* 80 mL frozen spinach
* 125 mL ricotta cheese
* 15 mL Parmesan cheese
* 2 mL parsley
* 15 mL bread crumbs
* 1/2 large egg
* 1/ 2 clove garlic
* pinch black pepper

**Directions:**

1. Brown the ground beef. Cook and stir until the beef is crumbly, evenly browned, and no longer pink. Drain and discard any excess grease.
2. Stir in the spinach and cook 1 to 2 minutes. Remove from heat.
3. Transfer the beef mixture to a bowl. Add the Parmesan, parsley, bread crumbs, ricotta cheese, egg, garlic and pepper and mix well.
4. Roll out pasta dough using the pasta makers. Cut 8 cannelloni wrappers as shown.
5. Divide filling into 8 portions. Roll inside the pasta, line up in a square cake pan.

**Bechamel Sauce:**

**Ingredients**

* 30 mL butter
* 15 mL grated onion
* 25 mL flour
* 175 mL chicken broth (1/2 cube)
* 175 mL half-and-half or cream
* 1 mL salt
* pinch ground white pepper
* pinch dried thyme
* pinch ground cayenne pepper
* miniscule amount of nutmeg

**Directions:**

1. In a small pot melt butter.
2. Add grated onion and flour and mix well. Cook for 1-2 minutes, stirring constantly.
3. Gradually add warm or room temperature chicken broth (NOT hot) and half-and-half to pot, stirring constantly.
4. Cook uncovered on low-medium heat until sauce bubbles gently. Do NOT boil.
5. Add seasonings, cover and keep warm until needed.
6. Pour over cannelloni, cover with foil, bake for 20 minutes, uncover and bake at 350 for 10 more minutes.