

# CANNELLONI

I first became aware of cannelloni watching The Frugal Gourmet, and thought it looked good. It was! This is a very versatile dish, and the only limit is your imagination.

## **NOODLES (CREPES):**

Don't let the word crepe scare you! With just a little bit of practice you'll have them mastered in no time, and then wonder why you hadn't tried it earlier.

3 Eggs  
1 cup Water or Milk  
1 teaspoon Salt  
¼ cup Vegetable Oil  
1 cup Flour

Put the eggs, water and salt in your blender and mix well. Stop it from time to time to make sure no flour is sticking to the sides. This will make a very thin, hopefully lump free batter with lots of small bubbles.

Put the vegetable oil in a bowl, and using a pastry brush, *very* lightly coat the bottom of a small non-stick frying pan and place on medium heat. When the pan is hot, take ¼ cup of batter and pour it into the middle of your frying pan. Now move the pan around, tipping it to and fro to spread the batter into approximately a 6 to 7 inch circle. Place pan back on the burner. These are thin and delicate and cook pretty quickly. It is time to turn them when the top is no longer wet. Cook other side for about 15 seconds, and then place the crepe on a piece of waxed paper. Do not over cook. If you brown them, they will not be as tender, and may crack later. Stack between sheets of waxed paper, or they will stick together. Repeat the process. One batch of batter will make about 9 crepes, so one batch will easily feed 3 people.

## **SEAFOOD FILLING:**

1 ½ cups Mozzarella Cheese  
8 ounces Artificial Crab  
¼ cup diced Onion  
2 Tablespoons Butter  
12 ounces Cottage Cheese  
¼ teaspoon Garlic Powder  
1/8 teaspoon Salt  
¼ teaspoon Pepper

## **To Make A Roux:**

2 Tbs Butter  
2 Tbs Flour  
¼ tsp salt  
1 cup Milk  
mix with one package of Alfredo

Melt the butter in a frying pan over medium heat and add garlic powder, the crab, and onion. Sautee until onion is soft, about 8-10 minutes.

Combine the remaining ingredients and mix well. If you want a bit of color, throw in ¼ cup chopped spinach.

Place a glob (that's a technical cooking term) of filling on your crepe, and roll it up like a burrito. About the size of 2/3 of a Snickers Bar seems to work pretty well. Place cannelloni in a greased baking dish with the seam facing down.

Cover with a sauce of your choice (I would recommend an Alfredo or other white sauce) and put into a preheated 350 degree oven for 20 minutes.

Top with Parmesan Cheese and some chopped parsley and dig in.

**CHEESE FILLING:**

- 1 ½ cups Mozzarella Cheese
- 2 Italian Sausages, skinned, browned and crumbled
- 12 ounces Cottage Cheese
- 1/3 cup Parmesan Cheese
- ½ teaspoon Garlic Salt
- ½ teaspoon Pepper
- ¼ cup chopped Spinach

Mix all the ingredients together and fill your crepes/noodles as directed above. This filling is great with my Marinara Sauce!