

Meat and Spinach Cannelloni

Ingredients for crepes:

1 egg, beaten
1 cup milk
1 cup flour
dash of salt

Ingredients for filling and the rest of it:

1 pound ground beef or ground turkey, browned and drained
10 ounces frozen spinach
ricotta cheese
salt
pepper
2 cloves garlic, minced
tomato sauce
shredded mozzarella

First, mix the crepe batter:

Beat the egg in a bowl, add the milk, flour, and salt. Whisk together thoroughly. Place in the fridge for at least 30 minutes to let the batter get nice and cold. You might want to play with the milk amount a little. I ended up adding more because my batter seemed a little thick and it didn't want to swirl in the bottom of the pan. It should be pretty thin, much thinner than pancake batter.

To make the filling:

While the batter is chilling, sauté the garlic briefly, and then add the meat. Microwave the spinach to thaw it, then drain it and squeeze all the water out. I find this easier by smushing various chunks of it between some paper towels. Drain the meat and garlic, throw in a bowl with the spinach. Add the entire container of ricotta, salt, pepper, and any other seasoning you might like, such as oregano or all-purpose seasoning. I added some oregano and all-purpose seasoning, but you just go nuts. Taste the filling along the way to see how you like it. Mix thoroughly and put it into the fridge while you make crepes.

To make the crepes:

Place a small pan over low heat and grease the pan with either butter or cooking spray. Pour in approximately a 1/4 cup of batter per crepe. Let the crepe cook gently for about 30-40 seconds, until it no longer looks wet on top. To flip, lift one edge up with a rubber spatula, grab it with your fingers, and flip it over in the pan. Let the other side cook for about 20 seconds and then remove it to a plate. Separate the crepes on the plate with wax paper so they don't stick together.

Assembly:

Preheat your oven to 400 degrees. Spread some of the tomato sauce on the bottom of a large baking dish. Place a large spoonful of filling in the center of a crepe, roll lengthwise, and place into the pan seam down in a single layer with a bit of room between them. Continue until you have filled the baking dish. Cover with more tomato sauce, sprinkle some mozzarella over the whole thing, and bake for 15-20 minutes. Serve immediately

Happy Eating!

Sharon

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