Ricotta and Broad Bean Cannelloni

Season: Spring

Serves: 40 tastes

Recipe source: Stephanie Alexander Kitchen Garden Foundation

Fresh from the garden: Broad Beans, herbs

Equipment:

Chopping boards
Knives
Large spoon
Stick mixer
Medium saucepan
Large mixing bowl
Potato masher
Wooden spoon
2-3 baking dishes (depends on shape and size)
Ladle

Ingredients:

Sauce-

6 cloves garlic
3 tablespoons olive oil
5 x 400g tins crushed tomatoes
Sprig fresh basil
Salt and pepper
1 teaspoon sugar

Filling-

750g podded broad beans
900g fresh ricotta cheese
100g parmesan cheese, finely grated
Large handful parsley, roughly chopped
Salt and pepper

Construction-

2 boxes cannelloni shells (40 tubes)
250g cheddar or mozzarella, grated

What to do:

1. Preheat oven to 200°C, eco fan setting.
2. Heat oil in the large saucepan and add chopped garlic and a pinch of salt. Cook gently for 1 minute. Add tomatoes, pepper, basil, sugar and salt.
3. Bring to the boil, then turn down to a simmer and cook, stirring occasionally for about 15 minutes.
4. Remove from the heat, set aside to cool for a couple of minutes, then blend using the stick mixer.

5. Bring medium saucepan water to the boil. Add broad beans and cook for about 1-2 minutes. Drain in colander and refresh in cold water. (Please note that this step has been pre-prepared for you)
6. When cool enough to handle, remove outer skin from the broad beans. Discard skins and add beans to the large mixing bowl. Crush the beans using the potato masher.
7. Add ricotta and parmesan cheeses to the mixing bowl along with chopped parsley, salt and pepper. Mix with the wooden spoon until thoroughly combined.
8. Using clean hands, fill the tubes.
9. Add a few ladles full of sauce to the bases of the baking dishes. Lay filled tubes in the baking dishes. Top with the remaining sauce, making sure the pasta is covered and that there is sauce between each of the tubes. Sprinkle grated cheese over the top and bake in the oven for 30-35 minutes.