

Crab and Ricotta Cannelloni

Serves 5 – 6 (makes 10 cannelloni)

Cannelloni Noodles:

6 TBS whole egg powder
2 3/4 cups water
2 cups flour
1/4 tsp salt
*wax paper needed

Crab filling:

3 (6 oz.) cans lump crab meat
1 (6 oz.) jar marinated artichoke hearts
1/8 cup dried basil
scant 1/4 tsp white pepper
salt to taste
1/2 cup parmesan cheese, divided

Food Storage “ricotta style” cheese filling – 1/2 recipe:

2 cups water
1 can evaporated milk
1 1/2 tsp. Citric Acid powder
1 1/2 cups powdered milk
1/4 cup parmesan cheese
1/8 tsp. salt

Bechamel Sauce:

1/3 cup canned butter
1-2 cans whole canned milk
1 1/2 tsp. salt
1/8 tsp. white pepper
dash freshly grated whole nutmeg

Making the noodles

Sift egg powder into a bowl. Add flour and salt and stir together. Add water and combine until smooth. Drop by 1/4 cup portions onto a well greased skillet heated on medium low. Cook on one side only until dry on the top. These should not be at all brown or too dry. To avoid this be sure that your pan is not too hot. Slide cooked noodle onto a greased plate and separate noodles one by one with wax paper.

Making the crab filling

In a small bowl reserve the liquid from the canned crab meat. In a separate bowl combine the crab meat, chopped artichoke hearts, basil, 1 cup ricotta cheese filling, 1/3 cup parmesan cheese (2 TBS should be set aside for later), salt and pepper. Mix all together and set aside.

Making the Bechamel Sauce

Add one can of canned milk to the reserved liquid from the crab meat. Melt butter. Meanwhile combine flour, salt, pepper and nutmeg in a small bowl. After the butter is melted, add the milk mixture and then ladle out some of the combined liquid to mix with the flour mixture. Whisk flour and liquid together until smooth and then add all into the heating pot. Stir until sauce thickens.

Assembling the cannelloni to bake

Spread sauce in the bottom of baking pan. Fill each noodle with uncooked side up. Place filling in noodles as if rolling a burrito. Roll up and place seam side down in the baking pan. Spread some sauce over top and sprinkle remaining parmesan cheese over top. Bake at 350 for 15 minutes or until hot if using a sun oven and temperature is less.