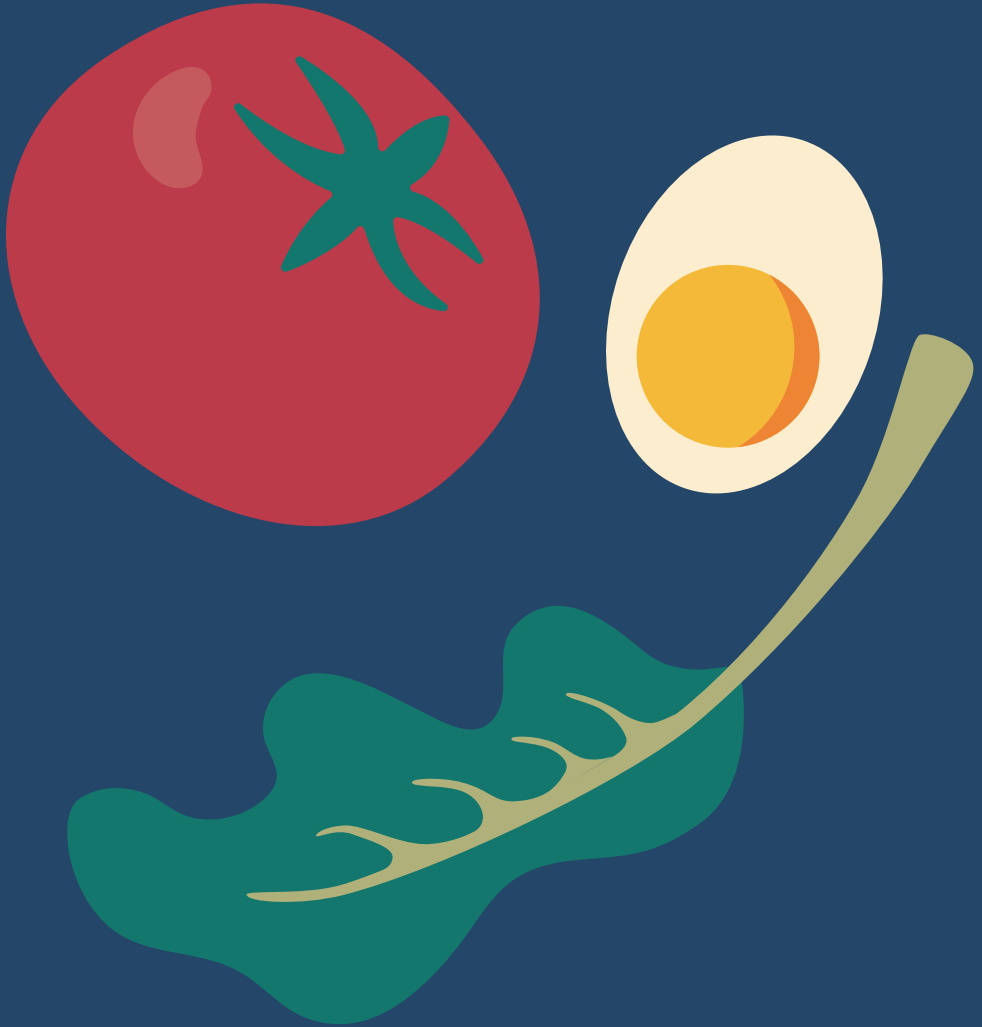


# *Cooking up Culture*



**Spinach and Ricotta Cannelloni**  
by Madrelina Rossi



My grandparents, parents and I are from Abruzzo in Central Italy, 160km from Rome – between the mountains and the Adriatic Sea.

This recipe is about family getting together. My mother would cook this dish for all of our celebrations. It was our family tradition – to remind her children and grandchildren of our humble beginnings. Now, my children and grandchildren expect me to make this dish at every celebration.

Making these cannelloni reminds me of my wonderful mum and how her cooking created love for the family.

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### Ingredients

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#### PASTA

**Homemade pasta or ready made pasta squares or cannelloni tubes**

#### TOMATO SAUCE

**1 large onion, diced**

**2 tbsp of crushed garlic**

**5 tbsp of olive oil**

**½ cup of chopped fresh basil**

**2 tins of peeled tomatoes**

**2 tbsp of tomato paste**

**A splash of white wine (optional)**

#### FILLING

**500g of fresh spinach**

**300g of ricotta cheese**

**75g of freshly grated parmesan cheese**

**1 egg**

**A scrape of nutmeg**

**Salt**

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### Method

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#### PASTA

You can make your own 5-inch squares or buy pre-made lasagne sheets or cannelloni tubes. Whichever option you choose – the pasta must be cooked before it is filled.

#### TOMATO SAUCE

Heat olive oil in a pan and add onion, garlic and a splash of white wine and fry.

Add peeled tomatoes, tomato paste, fresh basil and ½ to 1 cup of warm water. Stir and simmer for around 5 minutes.

#### FILLING

Rinse the spinach well, place in water and take just to boiling point, then drain. Squeeze excess moisture. Place in a large bowl, add ricotta, parmesan cheese, egg, salt and nutmeg. Blend and set aside.

#### ASSEMBLING

Place 2 tbsp of the filling mixture on the pasta square and roll up. If using tubes, make sure these are filled.

Once the cannelloni are filled, place enough tomato sauce at the bottom of a large casserole dish to make sure it is covered. Place the cannelloni evenly across the dish. Pour on the remaining tomato sauce, making sure it covers each of the cannelloni. Sprinkle on parmesan cheese and bake in oven (180°C) for 30 mins.