

RECIPE: "CANELONS"



Ingredients:

- 300 g of lean beef and pork
- 100 g chicken breast
- 50 g of chicken liver
- 2 onions
- 2 cloves of garlic
- 1 ripe tomato
- Virgin olive oil
- 2 slices of bread (crumb only)
- 1 liter of milk
- 30 g of butter
- 30 g of flour
- salt
- white pepper
- Nutmeg
- 12 slices of canelons past
- 125 g of well-melted cheese, such as cottage cheese or emmental

Preparation:

1. Cut all the meat into cubes and brown it in a saucepan with a drizzle of olive oil.
2. Halfway through cooking, add the peeled and sliced garlic and the grated onion. We cook it slowly for about 40 minutes, so that the meat can be soft.
3. Then add the liver and cook for a few more minutes. We put the grated tomato in it and let it concentrate.
4. Soak the bread crumbs in milk and add to the meat. We pass the mixture through the mincer through the medium size and season it with salt.
6. Boil the pasta sheets following the manufacturer's instructions. Once done, we cool them with cold water and place them on a white cloth.
7. We put a tablespoon of meat on each of the slices and roll the dough to close the caneló.
8. Next, we make the béchamel sauce. We boil half a kilo of milk. In another saucepan, add the butter and heat.

Add the flour and cook for a couple of minutes over low heat. Add it in the milk little by little so that it does not form lumps and let it cook slowly for a couple of minutes.

9. Season with salt, white pepper and nutmeg.

10. Place a tablespoon of béchamel sauce on the bottom of a baking tray, place the canelo on top and then cover with the rest of the béchamel sauce.

11. Sprinkle a layer of grated cheese on top and a few balls of butter.

12. Place in the oven at 200 ° C until the caneló are heated and au gratin.

Enjoy your meal!