Pumpkin and Ricotta Cannelloni

Serves: 6 or 12 tastes in the classroom

Fresh from the Garden: pumpkin, eggs, herbs

Notes for volunteers:
- The pumpkin has been pre-cooked for today’s recipe to help complete the recipe on time.
- Focus Skill: Weighing ingredients, filling cannelloni, baking

Ingredients
500g pumpkin
300g ricotta
salt
pepper
1 or 2 tbsp finely chopped herbs or your choice (e.g. basil, parsley, thyme, sage or a mixture) Note: use a smaller amount of strong herbs such as sage
1 pkt (375g) fresh pasta sheets (or you can make your own)
1 jar of your favourite pasta sauce (or you can make your own)
water
100g tasty cheese, grated
50g parmesan cheese, grated

Method
1. Peel and chop up the pumpkin into 3 cm cubes. Steam under tender. Allow to cool.
2. Preheat the oven to 220°C.
3. Mash the pumpkin or put it through a potato ricer.
4. Gently mix together the pumpkin, ricotta and herbs. Don’t mix too thoroughly, you should still be able to make out the different ingredients. Season with salt and pepper to taste.
5. Pour ½ cup of water into the base of a baking tray.
6. Pour the pasta sauce into a saucepan. Half fill the jar with water to rinse it out and add this to the pasta sauce. Heat up the sauce.
7. Lay out a sheet of pasta. Cut into 6 pieces by cutting down the length then divide these pieces into thirds.
8. Use a teaspoon to place small spoonfuls of the pumpkin mixture on the pasta. Roll up and place cut side down in the baking tray. Repeat until you use up all of the ingredients.
9. Spoon over the warm pasta sauce and sprinkle with the grated tasty and parmesan cheeses.
10. Bake for 15-20 minutes until the cheese melts and bubbles.

Recipe Reference: Created by Nikki Bird Barooga Public School