



## Beef Cannelloni with Garlic Cream Sauce

FINISHED WITH MARJORAM, HAZELNUT & TRUFFLE OIL



### INGREDIENTS

#### Beef cannelloni rolls

375g fresh lasagna sheets  
2kg beef chuck/brisket/beef cheeks  
120g onion, chopped  
20g garlic, chopped  
1 tbsp mustard seeds, ground  
1 tbsp cinnamon, ground  
1/2 tbsp cardamom  
1 cup dry red wine  
80ml Char Siu sauce  
1 tbsp Harissa paste (optional)  
4 bay leaves  
2-3 cups beef stock  
25g parsley, chopped  
50g butter  
1 tbsp brown sugar  
1 tbsp lemon juice (zest is nice too!)  
Plenty Heart Smart Safflower Oil  
Salt & pepper to taste

#### Garlic cream sauce

2 tbsp butter  
20g garlic, finely grated  
5g marjoram, freshly picked  
1/4 cup dry white wine  
2 tbsp parmesan, finely grated  
300ml cream  
1 tsp sea salt (or to taste)  
1 tsp black pepper,  
ground (or to taste)

#### Egg wash

1 egg  
2 tbsp milk

#### Garnish

2 tbsp toasted hazelnuts,  
roughly chopped  
4 tbsp parmesan, finely  
grated  
Plenty Truffle Oil

### METHOD

**This dish is a long cook but worth every minute. Don't forget to read to the end of the method, overleaf, before you start!**

1. Preheat oven to 130°C. In a heavy based Dutch oven or stock pot, heat two tablespoons of Plenty Heart Smart Oil and sear beef on all sides over a medium heat. Remove and set aside.
2. Still on medium heat, sauté onion, garlic, mustard seeds, cinnamon, and cardamom until fragrant.
3. Add wine and allow to simmer until it's reduced by half. Add char siu sauce, harissa paste, bay leaves, and beef stock - simmer. Add beef back into the pot. Cover and slow cook for four hours on 130 C, turning beef at least twice to make sure all sides stay moist.
4. Once cooked and beef is tender enough to shred apart with forks, remove, cover, and refrigerate. Simmer the remaining liquid left in the pot until it's reduced by about a third. Add butter, sugar, lemon and season with salt and pepper to taste. Dissolve all ingredients well and remove from heat. Once cool, strain sauce, add parsley, mix, and set aside. (METHOD CONT'D NEXT PAGE...)

**Serves 4 (+ filling leftovers for 2+ meals)**

**Complexity - medium**

**40 minutes prep**

**4 hours 30 minutes cook**

You can find a selection of our "everyday gourmet" oils at Woolworths. Our Walnut and Macadamia oils are also available at Coles. To find out where else you can buy our oils go to: <https://www.plentyfoods.com.au/where-to-find-plenty-oils/>



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### METHOD CONT'D

5. In a saucepan over a medium heat, prepare the garlic cream sauce. Add butter and garlic, allow butter to foam and the garlic and butter to caramelize. Add marjoram and sauté until aromatic. Add wine and simmer until it reduces by about a third to a half. Add cream, parmesan, salt and pepper. Allow to simmer for about five minutes so the herb infuses into the cream.
6. Preheat oven to 180C. Mix egg wash by whisking milk and egg in a bowl, then set aside. Shred beef and mix in some of the sauce so that it makes the perfect consistency to stuff cannelloni. Roll out each lasagne sheet and cut in half to make 16 cannelloni. Make a sausage shape amount of beef, rolling it in your hands. Lay it along the short side of the pasta, leaving an edge, then roll into a tube shape. Using a pastry brush, brush egg wash along the edge of the pasta that's still exposed and finish the roll, gently pressing on the egg wash end. Repeat 16 times and lay into a non-stick or greased, high sided baking tray. Layer the cannelloni if you need to.
7. Pour garlic cream sauce all over the cannelloni, cover and cook for 20 – 30 minutes or until pasta is just cooked. Remove cover, sprinkle two tablespoons of grated parmesan and cook for a further five minutes until the top of the dish is golden.
8. Serve with cracked hazelnuts, parmesan, and a drizzle of Plenty Truffle Oil.

### TIPS

- The beef portion of this recipe makes plenty for leftovers. Use it in sandwiches, salads, breakfasts, and poke bowls. If leftovers aren't your thing, simply halve the beef portion of the recipe.
- Try making your own pasta and turning this recipe into ravioli by filling ravioli pockets as you would the cannelloni, boiling to cook, then mixing gently through the garlic cream sauce. Drizzle with oodles of Plenty Truffle Oil.



Plenty is Australia's largest producer of cold pressed oils and we were the first in the world to press Macadamia. We used advanced technologies and processes to ensure purity and wholesomeness. Even our refined Safflower oil (developed with CSIRO using gene suppression technology) uses no extreme heat or chemicals in the process. We work with local growers who demonstrate sustainable practices.