



This delicious dish is inspired by the fresh mushrooms that grow in our beautiful Canadian forests. Not only is it exploding with flavour, but it's balanced with a great source of protein and vitamins to make an excellent vegetarian meal.

So tasty, and yet so easy to prepare. This meal is perfect for when you don't feel like spending a whole afternoon preparing dinner, but you still want to enjoy a fresh, hot, home cooked meal.

Preparation Time: 1 Hr

Servings: 6

Cooking time: 15 min.

Fresh Canadian Mushroom Cannelloni in a Goat Cheese Tarragon Cream Sauce

Ingredients :

Pasta Sheets

1 360g package Fresh Lasagna Pasta Sheets (found at your local supermarket)

Mushroom Mixture

1 ½ lb Mixed Fresh Canadian Mushrooms (found at your local supermarket)

683g Toasted Walnuts, chopped

½ cup Sun-dried Tomatoes, small diced

113g Red Onion, small diced

¼ cup Garlic Cloves, finely chopped

57g Fresh Tarragon, finely chopped

¾ cup Vegetable Oil

170g Red Wine

4

5 tbsp

125ml

1 tbsp

15ml

½ cup

125ml
 3 tsp Salt
 15g
 1 tsp Pepper
 5g
Sauce
 2 cups 35% Cream
 500ml
 ½ cup Goat Cheese
 113g
 1 cup Mozzarella Cheese, grated
 226g

Preparation Instructions :

To Cook the Pasta Sheets:

1. -Place a medium sized pot of water with 2 tsp of salt on the stove to boil.
2. -Place the lasagna pasta sheets into the boiling water for approx. 45sec.
Remove and set aside.

To Cook Mushroom Mixture:

1. -Chop the walnuts and toast them at 375 degrees F until golden brown, and set aside.
2. -Cut sun-dried tomatoes and set aside.
3. -Clean all of the mushrooms with a brush, lightly, to remove all of the dirt, and remove all of the stems.
4. -Slice all of the mushrooms into equally sized pieces, approx. a ¼ inch wide.
5. -Cut onion, finely chop the garlic and than add to the mushroom mixture.
6. -In a frying pan, cook mushrooms, onions, garlic and 2 tbsp of the fresh tarragon in the vegetable oil until caramelized and tender, season with ½ tsp of salt and ½ tsp of pepper.
7. -Add the red wine and stir the mixture until the wine is reduced and there is very little moisture in the bottom of the pan. Remove from the heat and add the chopped walnuts and sun-dried tomatoes. Set mixture aside.

To Make Goat Cheese Tarragon Cream Sauce:

1. -Bring the cream to a boil, reduce the heat to medium.
2. -Add the goat cheese and stir until fully incorporated into the cream.
3. -Add the remaining 3 tbsp of fresh tarragon and season with ¼ tsp of salt, and ¼ tsp of pepper.

To Assemble the Cannelloni:

1. -Preheat oven to 350 degrees F.
2. -Lay the pasta sheets out flat, cut each sheet in half and add approx. ½ cup of the mushroom mixture across the sheet horizontally.
3. -Roll pasta sheets into cylinder shaped tubes, and set aside.
4. -Pour the goat cheese tarragon cream sauce into a small size baking pan, and place the pasta tubes filled with the mushroom mixture into the sauce.
5. -Top the pasta tubes with the grated mozzarella cheese and bake in the oven at 350 degrees for 15 minutes or until cheese is golden brown.
6. -Place 2 of the Fresh Mushroom Cannelloni tubes on a plate and serve with the Goat Cheese Tarragon Cream Sauce poured over top and on the side.

TIP: -Try mixing up the variety of mushrooms you choose for the recipe to experience and enjoy new flavour combinations.

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 Mushroom Cannelloni
 in a Goat Cheese
 Tarragon Cream Sauce**

Canadore College - North Bay,
 ON

Students Chefs: Ryan
 Stencill
 Isaac Bonfield

Nutrient Analysis: Based on one serving of the recipe

Calories (Kcal)	564.3
Fat (g)	40.1
Protein (g)	21.7
Carbohydrate (g)	30.3
Sugar (g)	2.9
Fibre (g)	2.3
Vitamin A (ug)	252.4
Vitamin C (mg)	2.3
Vitamin D (ug)	1.1
Vitamin E (mg)	1.9
Thiamin (mg)	0.6
Riboflavin (mg)	0.6
Niacin (ne)	8.1
Folate (ug)	113.4
Vitamin B6(mg)	0.2
Vitamin B12 (ug)	0.7
Calcium (mg)	388
Iron (mg)	2.7
Sodium (mg)	427.5
Potassium (mg)	390.3