

**Stephen A. Bello, CEC, AAC**

## **LOBSTER CANNELONI**

Yields: 12 Portions

### **Crepes**

#### **Ingredients**

Milk 4 oz.  
Cold Water 4 oz.  
All purpose flour 3 oz.  
Eggs 2  
Olive Oil tsp.  
Fresh Basil (chopped) 1 tbs.  
Fresh Parsley (chopped) 1 tbs.  
Salt and pepper to taste

#### **Method**

Step 1. Sift flour into large bowl. Beat eggs and milk separately and slowly whisk into flour until smooth. Add all other ingredients and let batter rest for 15 minutes.  
Step 2. In non-stick 10 inch sauté pan, spray ladle approximately 1-1/2 oz. of batter. Cook on both sides until golden brown. Place parchment paper between crepes and let cool.

### **Lobster Essence**

Yields: 24 oz.

#### **Ingredients**

Lobster Shells 6	Celery Leaves 3 oz.
Clarified Butter 1 tbs.	White Wine 3 oz.
Shallots (chopped) 1 tbs.	Heavy Cream 48 oz.

#### **Method:**

Step 1. Place heavy bottomed saucepot on fire. When pot is hot, add clarified butter. Add shallots and cook until translucent, then add lobster shells and celery leaves. Deglace with white wine and reduce by 1/2.  
Step 2. Add heavy cream and let simmer until the cream has reduced by 1/2, approximately 24 oz. Add thyme sprig and let set until flavor of herb premeates into sauce. Season with salt and pepper, strain and reserve. If you like a thicker consistency, add 2 oz. of blond roux.

### **Cannelloni Filling**

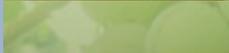
#### **Ingredients**

6 oz. Lobster Tails, 6	Parmesan (grated) 1 cup
Olive Oil 1 tsp.	Eggs (beater) 2
Garlic (chopped) 1 tsp.	Fresh Parsley (chopped) 1 tbs.
Fresh Spinach (Chiffonade) 8 oz.	Salt and pepper to taste
Ricotta Cheese 16 oz.	Garnish: Fresh Basil Springs 12
Fontina (shredded) 8 oz.	Marinara 12 oz.

#### **Method**

Step 1. Remove lobster from shells. Save the shells for your lobster essence. Cut lobster meat into 1/4-inch cubes.  
Step 2. Wash spinach thoroughly, dry and chiffonade.  
Step 3. In sauté pan add olive oil. When oil starts to smoke add garlic and brown. Season lobster meat with salt and pepper to and sauté. When lobster is seared and half way cooked, add cleaned spinach. As soon as spinach wilts, remove from heat. Let mixture cool.

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*Assembly of Canelloni*

Take ricotta cheese and fold in beaten eggs, parmesan and 1/2 the fontina cheese. Add chilled lobster and spinach mixture. Season with salt, pepper and fresh parsley. Fill crepes with 4 oz. of filling and place on lightly greased cookie sheet.

***Bake at 325° for approximately 15 minutes. Remove from oven and place on serving plate. Top with 2 oz. of lobster essence and remaining fontina cheese. Place under broiler until brown. Then top with 1 oz. of marinara and garnish with fresh basil sprigs.***