



## Seafood Cannelloni

READY IN



300 min.

SERVINGS



6

CALORIES



687 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons carrots finely chopped
- 2 tablespoons celery finely chopped
- 2 tablespoons cognac
- 1 cup cooking wine dry white
- 2 flat-leaf parsley sprigs fresh
- 3 tablespoons flour all-purpose
- 0.5 cup chives fresh finely chopped
- 1 cup heavy cream

- 0.5 teaspoon juice of lemon fresh to taste
- 42 inch no-boil lasagne noodles fresh (without curly edges)
- 1.5 teaspoons salt
- 1 lb sea scallops
- 1 tablespoon seafood glaze
- 0.3 cup shallots finely chopped
- 1 lb shrimp in shells deveined peeled per lb), , reserving shells, and
- 1 teaspoon tomato paste
- 5 tablespoons butter unsalted softened
- 3 cups water

## Equipment

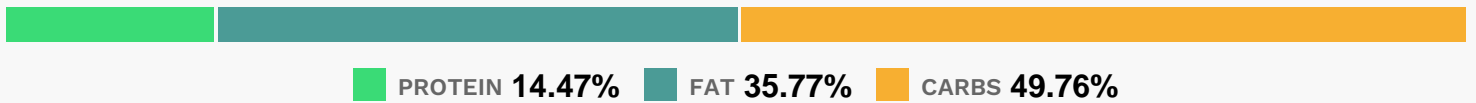
- food processor
- bowl
- sauce pan
- oven
- whisk
- pot
- sieve
- blender
- casserole dish
- aluminum foil
- broiler
- kitchen towels
- spatula
- skewers
- tongs
- metal skewers

## Directions

- Cook shallot, carrot, celery, reserved shrimp shells, and reserved scallop muscles in 3 tablespoons butter in a 2- to 3-quart heavy saucepan over moderately low heat, uncovered, stirring occasionally, until vegetables are softened and pale golden, about 5 minutes.
- Add tomato paste and cook, stirring, 1 minute.
- Add wine and boil over high heat, stirring occasionally, until reduced to about 1/4 cup, 6 to 8 minutes.
- Add water, seafood glaze (if using), and parsley sprigs and simmer, covered, 30 minutes.
- Discard parsley and purée stock, including shrimp shells, in 2 batches in a blender (use caution when blending hot liquids).
- Pour through a fine-mesh sieve into a bowl, pressing on and discarding solids.
- Melt remaining 2 tablespoons butter in cleaned saucepan over moderately low heat, then add flour and cook roux over low heat, stirring, 3 minutes.
- Add warm seafood stock all at once, whisking, and bring to a boil, whisking.
- Add 1/2 cup cream and gently simmer sauce, whisking occasionally, 10 minutes. Stir in lemon juice, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- Transfer 1/2 cup sauce to a bowl set in a larger bowl of ice and cold water to cool for filling.
- Cut one third of shrimp and one third of scallops into 1/4-inch pieces and toss with 1/4 teaspoon salt. Purée remaining shrimp and scallops in a food processor with Cognac, cooled 1/2 cup sauce, remaining 3/4 teaspoon salt, and remaining 1/4 teaspoon pepper.
- Add remaining 1/2 cup cream and pulse just until combined.
- Transfer mousse to a large bowl and stir in shrimp and scallop pieces and chives.
- Preheat oven to 375°F.
- Boil lasagne noodles a few at a time in a large pot of boiling salted water, stirring to separate, until al dente, about 2 minutes for fresh noodles or about 6 minutes for no-boil. Gently transfer noodles with tongs and a slotted spatula to a large bowl of cold water to stop cooking, then lift out, shaking off water, and lay flat on dry kitchen towels (not terry cloth).
- Spread 1/3 cup mousse over each noodle, leaving a 1/2-inch border on both short ends. Starting with a short end, loosely roll up each noodle.
- Spread about 1/2 cup sauce on bottom of casserole dish and arrange cannelloni, seam sides down, snugly in 1 layer over sauce.

- Pour remaining sauce over cannelloni and bake, covered with foil, in middle of oven until sauce is bubbling and filling is just cooked through, 25 to 30 minutes. (To test filling for doneness, insert a metal skewer into a cannelloni and hold it there 5 seconds.)
- Remove skewer and press it against your bottom lip: If metal is warm, casserole is hot all the way through and filling is cooked.)
- Preheat broiler.
- Remove foil and broil cannelloni about 3 inches from heat until brown spots appear, 3 to 5 minutes.
- Let stand 10 minutes before serving.
- \* Available at some supermarkets, specialty foods shops, and More Than Gourmet (800-860-9395).
- Casserole can be assembled (but not baked or broiled) 4 hours ahead and chilled, covered with foil.
- Let stand at room temperature 20 minutes before baking.

## Nutrition Facts



### Properties

Glycemic Index:68.31, Glycemic Load:25.74, Inflammation Score:-9, Nutrition Score:18.273478072623%

### Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg, Apigenin: 0.79mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

### Nutrients (% of daily need)

Calories: 686.99kcal (34.35%), Fat: 25.72g (39.57%), Saturated Fat: 15.44g (96.51%), Carbohydrates: 80.48g (26.83%), Net Carbohydrates: 76.54g (27.83%), Sugar: 5.4g (6%), Cholesterol: 95.99mg (32%), Sodium: 917.67mg

(39.9%), Alcohol: 5.79g (100%), Alcohol %: 1.76% (100%), Protein: 23.41g (46.83%), Selenium: 60.34µg (86.2%), Phosphorus: 446.17mg (44.62%), Manganese: 0.87mg (43.36%), Vitamin A: 1914.08IU (38.28%), Vitamin B12: 1.15µg (19.15%), Magnesium: 71.68mg (17.92%), Vitamin K: 16.83µg (16.03%), Fiber: 3.94g (15.75%), Potassium: 530.87mg (15.17%), Copper: 0.3mg (14.8%), Zinc: 2.05mg (13.65%), Vitamin B6: 0.26mg (13.02%), Folate: 45.52µg (11.38%), Vitamin B3: 2.26mg (11.28%), Iron: 1.9mg (10.55%), Vitamin B2: 0.17mg (10.18%), Vitamin B1: 0.13mg (8.61%), Vitamin B5: 0.71mg (7.12%), Calcium: 69.69mg (6.97%), Vitamin E: 0.82mg (5.48%), Vitamin D: 0.81µg (5.4%), Vitamin C: 4.43mg (5.37%)