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## [Turkey Canalons \(http://www.bokischvineyards.com/turkey-canalons\)](http://www.bokischvineyards.com/turkey-canalons)

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## Recipe: Turkey Canalons

**Summary:** This traditional family recipe from Markus Bokisch's grandmother is served on Sant Esteve or Saint Steven's Day, December 26th. Canalons are known as the typical dish of Barcelona. They are served in almost every restaurant and household. Substitute seafood or beef for the turkey/pork combination in this recipe. Shrimp and spinach is a popular combination.

### Ingredients

FOR THE CANALONS:

- Extra Virgin Olive Oil
- 1 yellow onion, chopped
- 2 cloves garlic, minced
- turkey, finely ground
- 1/4 cup ground pork
- bread crumbs
- 1 egg, lightly beaten
- 1 tsp freshly ground nutmeg
- salt and freshly ground white pepper
- 18 cannelloni wrappers or 3 sheets fresh pasta (can substitute fresh egg roll sheets)

FOR THE BÉCHAMEL:

- 2 tbsp butter

- 3 tbsp flour
- 2 cups milk, warmed
- salt and freshly ground white pepper
- 1/2 cup grated parmesan

#### Instructions

1. Fry onions and garlic.
2. Lower heat and cook until onions begin to caramelize, about 10 minutes.
3. Add chicken or turkey and pork to skillet and cook 10–15 minutes.
4. Mix bread crumbs with egg, nutmeg, and salt and pepper. Stir bread crumb mixture into skillet, add some béchamel for moistness, remove from heat, and allow to cool.
5. Cook cannelloni wrappers in a large pot of boiling salted water until tender, about 3 minutes. Drain well on clean cloth towels. Spoon a small amount of meat mixture along one side of each wrapper, roll each one into a tube, starting from the meat side. As canalons are filled, place them seam side down, side by side, in a lightly buttered baking dish just big enough to hold them.
6. Pour the béchamel over the canalons, sprinkle with cheese and bake until golden brown at 400 degrees about 15 minutes.

Make the béchamel:

7. Heat butter in a medium saucepan over low heat, sprinkle in flour, and stir until a thick roux forms, 3–5 minutes. Add warm milk gradually and stir until mixture reduces, about 10 minutes. Season béchamel to taste with salt and pepper.

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#### About the Author

Originally from Calexico, California, I'm now living in Barcelona. My favorite read is a great recipe, and I pretend to be a chef.

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- The number of California wineries working with Spanish varietals is small, but if this impressive trio (Bokisch Albarino, Graciano & Tempranillo) is an example of what's possible, I think we'll see an explosion of Spanish varietals.

- Robert Parker

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