



Borlenghe with Lardo and Prosciutto

READY IN



45 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 eggs beaten
- ☐ 2 cloves garlic fresh finely minced
- ☐ 2 cups parmigiano-reggiano freshly grated
- ☐ 2 cups pasta flour
- ☐ 0.3 pound pancetta minced finely
- ☐ 2 tablespoons rosemary leaves finely chopped
- ☐ 1 teaspoon salt
- ☐ 5.5 cups water

- ☐ 0.3 pound lardo plus 2 tablespoons available at Salumeria Biellese
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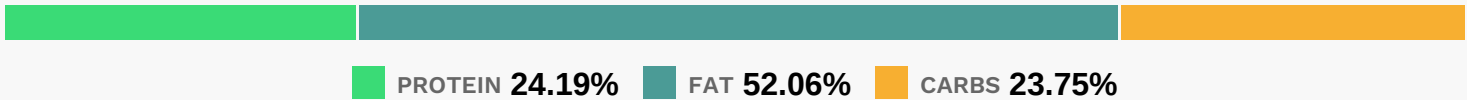
Equipment

- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Combine the flour, salt and egg in a large mixing bowl.
- ☐ Add 2 cups water and beat with a whisk for 5 minutes or until very smooth. Quickly stir in remaining water. Allow to stand 1 hour. (The batter will appear very thin, almost milk-like, but do not worry.)
- ☐ Stir together 1/4 cup lardo, prosciutto, rosemary, garlic and black pepper in a mixing bowl until smooth and set aside.
- ☐ To cook borlenghe, heat a 14- to 16-inch non-stick pan over medium heat and brush with a 1/4 teaspoon of remaining lardo.
- ☐ Pour enough batter to coat pan (just like a crespella) and return to heat. Cook 4 minutes on the first side and turn carefully. (The texture will not be like a crespella, or anything else, for this is an original and distinct delicacy. It may crack, but keep going). Continue until all the batter is finished, or about 10 to 12 borlenghe.
- ☐ To serve, reheat borlenghe quickly in same pan, spread with 1 tablespoon prosciutto mixture, sprinkle with grated cheese and serve warm, folded into quarters.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:9.92, Inflammation Score:-5, Nutrition Score:15.0782607431%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 450.56kcal (22.53%), Fat: 25.87g (39.81%), Saturated Fat: 12.5g (78.11%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 24.75g (9%), Sugar: 1.27g (1.41%), Cholesterol: 93.63mg (31.21%), Sodium: 1604.78mg (69.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.05g (54.1%), Calcium: 638.16mg (63.82%), Selenium: 39.62µg (56.6%), Phosphorus: 471.67mg (47.17%), Manganese: 0.53mg (26.39%), Zinc: 2.38mg (15.84%), Vitamin B2: 0.27mg (15.64%), Vitamin B12: 0.84µg (13.99%), Magnesium: 51.03mg (12.76%), Vitamin B6: 0.22mg (11.13%), Copper: 0.2mg (10.25%), Vitamin A: 500.01IU (10%), Vitamin B1: 0.14mg (9.26%), Vitamin B3: 1.83mg (9.16%), Iron: 1.58mg (8.76%), Fiber: 1.8g (7.19%), Vitamin B5: 0.71mg (7.12%), Potassium: 219.83mg (6.28%), Folate: 17.44µg (4.36%), Vitamin D: 0.58µg (3.89%), Vitamin K: 3.39µg (3.23%), Vitamin E: 0.4mg (2.65%), Vitamin C: 1.08mg (1.31%)