



Corn Tortelli with Tarragon Butter

READY IN



95 min.

SERVINGS



4

CALORIES



1046 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup butter room temperature 1 stick
- ☐ 0.3 cup cornmeal for storing pasta
- ☐ 29.5 ounce corn drained well canned
- ☐ 1 eggs for egg wash
- ☐ 4 eggs
- ☐ 3 cups flour all-purpose
- ☐ 0.3 cup regular corn fresh canned or
- ☐ 0.5 teaspoon tarragon leaves fresh minced

- ☐ 1 teaspoon tarragon leaves fresh chopped
- ☐ 2 ounces goat cheese
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt
- ☐ 0.5 teaspoon lemon zest
- ☐ 4 ounces mascarpone cheese
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan grated for garnish

Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ knife
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ slotted spoon
- ☐ pastry brush
- ☐ pasta machine

Directions

- ☐ Special equipment: pasta roller, scalloped pasta cutter
- ☐ Begin by rolling out the pasta dough.
- ☐ Sprinkle a baking sheet with cornmeal and set aside.
- ☐ Cut a piece of the dough off the ball and shape into a rectangle about the size of a deck of cards. Cover the remaining dough with plastic wrap until you are ready to use it.
- ☐ Roll the rectangle of dough through the widest setting of the pasta machine a few times until it is smooth. Then roll it through the remaining settings to the thinnest setting.

- ☐ Sprinkle the sheet lightly with cornmeal, gently fold, place on the cornmeal-lined baking sheet and cover with plastic wrap. Continue rolling out the rest of the pasta.
- ☐ Next, in a medium bowl mix together the drained creamed corn, mascarpone cheese, goat cheese, tarragon, and pepper. Stir to combine and set aside. In a small bowl, beat the egg with 1 tablespoon of water and set aside.
- ☐ To form the tortelli, place a sheet of pasta on a dry work surface. Using a pastry brush dipped in the egg wash, brush the entire sheet of fresh pasta.
- ☐ Place rounded teaspoons (about 1 ounce) of the corn filling on the pasta sheet, about 2 inches apart. Carefully place another sheet of pasta over the mounds, smoothing out any air pockets and firmly sealing the pasta around the filling. Using a scalloped pasta cutter (or a sharp knife) cut the pasta into small squares.
- ☐ Transfer the Tortelli to the cornmeal-lined baking sheet. Continue forming the remaining tortelli.
- ☐ To make the Tarragon Butter: In a medium bowl, gently mix together all the ingredients.
- ☐ To serve, place the Tarragon Butter in a large serving bowl. Bring a large pot of salted water to a boil over high heat.
- ☐ Add the pasta and cook until they float, about 2 minutes.
- ☐ Drain pasta, using a large mesh strainer or slotted spoon, into the bowl with the Tarragon Butter. Toss to coat.
- ☐ Sprinkle with Parmesan and serve immediately.
- ☐ Place the flour in a food processor. In a small bowl, lightly beat the eggs.
- ☐ Add the salt and olive oil to the eggs and stir to combine.
- ☐ Add the egg mixture to the food processor. Pulse to combine the ingredients, scraping down the sides once or twice. Continue, with the machine running, until the liquid is evenly distributed, about 1 minute. The dough should stick together if pinched between your fingers. The dough will be cornmeal-yellow in color. Some of the dough will be sticking together, but it will not form a single ball.
- ☐ Turn the dough out onto a lightly floured surface. Press the dough into a ball and knead gently until the dough is smooth. Cover with plastic wrap and let rest for 30 minutes.
- ☐ Roll out the dough to your desired shape.

Nutrition Facts



 **PROTEIN 10.87%**  **FAT 43.77%**  **CARBS 45.36%**

Properties

Glycemic Index:98.13, Glycemic Load:56.38, Inflammation Score:-9, Nutrition Score:29.864347665206%

Nutrients (% of daily need)

Calories: 1045.51kcal (52.28%), Fat: 51.71g (79.55%), Saturated Fat: 28.26g (176.62%), Carbohydrates: 120.57g (40.19%), Net Carbohydrates: 114.24g (41.54%), Sugar: 8.33g (9.25%), Cholesterol: 304.73mg (101.58%), Sodium: 2868.24mg (124.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.9g (57.8%), Folate: 300.87µg (75.22%), Selenium: 52.3µg (74.72%), Vitamin B1: 0.87mg (58.17%), Vitamin B2: 0.94mg (55.05%), Manganese: 0.98mg (48.82%), Phosphorus: 438.94mg (43.89%), Vitamin B3: 8.2mg (41.01%), Iron: 7.09mg (39.36%), Vitamin A: 1807.84IU (36.16%), Fiber: 6.33g (25.32%), Magnesium: 86.36mg (21.59%), Copper: 0.43mg (21.4%), Zinc: 3.2mg (21.34%), Calcium: 202.95mg (20.3%), Vitamin B6: 0.4mg (19.86%), Vitamin B5: 1.93mg (19.34%), Potassium: 562.38mg (16.07%), Vitamin E: 2.03mg (13.53%), Vitamin C: 10.09mg (12.23%), Vitamin B12: 0.64µg (10.66%), Vitamin D: 1.19µg (7.92%), Vitamin K: 5.16µg (4.92%)