



Cyn's Wild Mushroom Ravioli

READY IN



100 min.

SERVINGS



4

CALORIES



663 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.1 cup beef broth
- 0.3 cup butter
- 0.5 cup crimini mushrooms sliced (baby portabella)
- 2 eggs
- 2 garlic clove sliced
- 0.3 teaspoon garlic powder
- 0.3 teaspoon pepper fresh black
- 0.3 cup oyster mushroom sliced
- 0.5 cup mushrooms mixed coarsely chopped

- 1 tablespoon olive oil
- 0.3 teaspoon onion powder
- 0.3 cup parmesan
- 1 cup ricotta cheese
- 0.5 teaspoon salt
- 0.1 teaspoon sea salt
- 0.3 cup mushroom caps sliced
- 3 cups unbleached flour white
- 0.5 cup water
- 0.5 cup mushrooms white sliced

Equipment

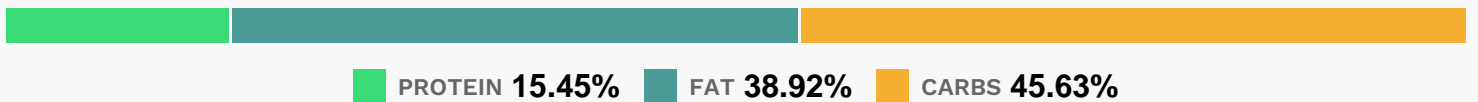
- food processor
- bowl
- frying pan
- knife
- pot
- blender
- slotted spoon
- skimmer
- pastry cutter

Directions

- THE FILLING. Melt butter in pan.
- Add olive oil to melted butter.
- Add mushrooms.
- Let mushrooms sweat until they release their juices.
- Add pepper, salt, and onion/garlic powder.
- Add 1/8 cup beef broth and let mixture reduce. Once reduced, remove from heat and let cool.

- Add cheeses to blender/food processor.
- Add cooled mushroom mixture to cheese. Blend together until smooth.
- Add more broth if mixture is too thick.
- Remove mixture to bowl stir in 1/2 cup of mixed mushrooms. Set aside. THE DOUGH: Sift flour and salt together.
- Place flour mixture on a board, making a well in the center of the flour. Drop eggs into the flour well, using your hand or a fork, break the yolks and beat eggs slightly.
- Combine the eggs and flour together, gradually adding enough warm water to make a stiff dough. Knead dough well, until smooth; cover the dough and let it rest for 15 minutes.
- Cut dough in half and roll each half of the dough out on a floured board, into a very thin sheet (about 1/16 to 1/8 inch thick). FILLING THE RAVIOLI: Drop about 1 to 1 1/2 teaspoonfuls of filling about 1 1/2 inches apart all along the dough. When the sheet of dough is fully dotted with dabs of filling mixture, cover filling with other sheet of dough. Using your fingers, gently press dough between each dab of filling to seal it.
- Cut ravioli into squares with a pastry cutter, or very sharp knife. DRYING THE RAVIOLI: Allow ravioli to dry for one hour before cooking. COOKING THE RAVIOLI: Drop ravioli into 6 to 8 quarts of boiling, salted water and cook for about 10 to 15 minutes, or until dough is tender.
- Remove cooked ravioli from pot carefully with a skimmer or a large slotted spoon, and drain well.
- Serve hot and enjoy with your favorite cream sauce.

Nutrition Facts



Properties

Glycemic Index: 83.5, Glycemic Load: 45.45, Inflammation Score: -6, Nutrition Score: 19.446087057176%

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: 662.97kcal (33.15%), Fat: 28.67g (44.1%), Saturated Fat: 14.89g (93.06%), Carbohydrates: 75.62g (25.21%), Net Carbohydrates: 71.7g (26.07%), Sugar: 2.19g (2.44%), Cholesterol: 148.21mg (49.4%), Sodium: 677.45mg

(29.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.61g (51.22%), Selenium: 61.1µg (87.29%), Manganese: 0.93mg (46.62%), Phosphorus: 370.21mg (37.02%), Vitamin B2: 0.54mg (31.94%), Calcium: 240.89mg (24.09%), Vitamin B3: 4.26mg (21.32%), Vitamin B5: 2.08mg (20.8%), Copper: 0.39mg (19.69%), Zinc: 2.73mg (18.2%), Folate: 65.38µg (16.35%), Vitamin A: 807.85IU (16.16%), Fiber: 3.92g (15.69%), Vitamin B6: 0.29mg (14.57%), Potassium: 483.07mg (13.8%), Magnesium: 50.29mg (12.57%), Iron: 2.07mg (11.52%), Vitamin E: 1.53mg (10.18%), Vitamin B1: 0.14mg (9.52%), Vitamin B12: 0.52µg (8.75%), Vitamin D: 0.9µg (6.01%), Vitamin K: 4.47µg (4.26%)