



Friulian Ravioli: Cialzons

 Very Healthy

READY IN



65 min.

SERVINGS



4

CALORIES



1438 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 2 tablespoons butter
- ☐ 3 carrots coarsely chopped
- ☐ 4 ribs celery coarsely chopped
- ☐ 3.5 pounds chicken wings
- ☐ 0.5 teaspoon bitter cocoa
- ☐ 2 tablespoons currants
- ☐ 2 eggs beaten

- ☐ 4 extra large eggs
- ☐ 3.5 cups flour all-purpose
- ☐ 0.5 teaspoon ground nutmeg
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 onions coarsely chopped
- ☐ 1 bunch parsley stems
- ☐ 1 tablespoon parsley leaves italian finely chopped
- ☐ 0.3 pound ricotta smoked finely grated
- ☐ 1 pound ricotta
- ☐ 4 sage leaves
- ☐ 4 servings salt and pepper
- ☐ 2 tablespoons scallions sliced
- ☐ 2 tablespoons tomato paste

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ pot
- ☐ wooden spoon
- ☐ cutting board
- ☐ pasta machine

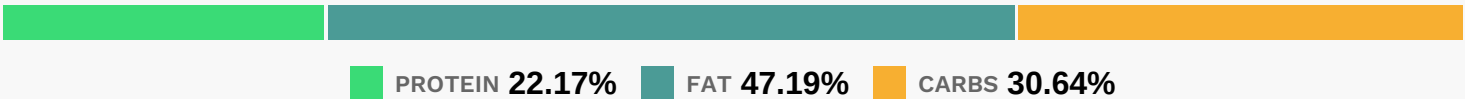
Directions

- ☐ Bring 6 quarts of water to boil and add 2 tablespoons salt.

- ☐ In a bowl, mix the ricotta, smoked ricotta, eggs, salt, currants, cocoa, nutmeg, lemon zest, scallions, and parsley.
- ☐ Roll the pasta dough out on a pasta machine down to the thinnest setting, and cut 3-inch squares from the dough.
- ☐ Place a scant tablespoon of the filling in the middle of 1/2 of the squares, and top them with the other squares, pressing the edges together to seal. Set aside.
- ☐ Bring 6 quarts of water to a boil and add 2 tablespoons salt. Cook the ravioli in the boiling water until they are tender and cooked through, about 5 to 7 minutes.
- ☐ Meanwhile, place the chicken stock, sage, and butter into a 12 to 14-inch saute pan, and bring to a boil.
- ☐ Drain the pasta and toss into the pan with the butter mixture. Toss over high heat, season with salt and pepper, and serve.
- ☐ Mound 3 1/2 cups of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and the olive oil. Using a fork, beat together the eggs and oil and begin to incorporate the flour, starting with the inner rim of the well.
- ☐ As you expand the well, keep pushing the flour up from the base of the mound to retain the well shape. The dough will come together when half of the flour is incorporated.
- ☐ Start kneading the dough with both hands, using the palms of your hands. Once you have a cohesive mass, remove the dough from the board, and scrape up and discard any leftover bits. Lightly re flour the board and continue kneading for 6 more minutes. The dough should be elastic and a little sticky. Wrap the dough in plastic and allow to rest for 30 minutes at room temperature.
- ☐ Roll the pasta out on a pasta rolling machine to the desired thickness.
- ☐ In a large, heavy-bottomed saucepan, heat the oil over high heat until smoking.
- ☐ Add all the chicken parts and brown all over, stirring to avoid burning.
- ☐ Remove the chicken and reserve.
- ☐ Add the carrots, onions, and celery to the pot and cook until soft and browned. Return the chicken to the pot and add 3 quarts of water, the tomato paste, peppercorns, and parsley. Stir with a wooden spoon to dislodge the browned chicken and vegetables bits from the bottom of the pan. Bring almost to a boil, then reduce heat and cook at a low simmer until reduced by half, about 2 hours, occasionally skimming excess fat.
- ☐ Remove from heat, strain, and press on the solids with the bottom of a ladle to extract out all liquids. Stir the stock to facilitate cooling and set aside. Refrigerate stock in small containers

for up to a week or freeze for up to a month.

Nutrition Facts



Properties

Glycemic Index:138.21, Glycemic Load:66.76, Inflammation Score:-10, Nutrition Score:56.275217180667%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Apigenin: 34.01mg, Apigenin: 34.01mg, Apigenin: 34.01mg, Apigenin: 34.01mg Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg, Kaempferol: 0.82mg Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg, Myricetin: 2.3mg Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg, Quercetin: 11.79mg

Nutrients (% of daily need)

Calories: 1437.88kcal (71.89%), Fat: 74.9g (115.23%), Saturated Fat: 28.8g (180.03%), Carbohydrates: 109.4g (36.47%), Net Carbohydrates: 101.57g (36.93%), Sugar: 11.96g (13.29%), Cholesterol: 542.53mg (180.84%), Sodium: 769.23mg (33.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 79.16g (158.31%), Vitamin K: 286.67µg (273.02%), Vitamin A: 10821.88IU (216.44%), Selenium: 116.01µg (165.72%), Vitamin B3: 20.63mg (103.14%), Vitamin B2: 1.47mg (86.7%), Phosphorus: 852.17mg (85.22%), Folate: 323.68µg (80.92%), Vitamin B1: 1.11mg (74.07%), Manganese: 1.42mg (70.82%), Iron: 11.04mg (61.32%), Vitamin B6: 1.21mg (60.72%), Calcium: 470.16mg (47.02%), Zinc: 6.83mg (45.52%), Vitamin B5: 4.03mg (40.32%), Vitamin C: 33.11mg (40.14%), Potassium: 1309.48mg (37.41%), Copper: 0.63mg (31.41%), Fiber: 7.84g (31.34%), Vitamin B12: 1.87µg (31.23%), Magnesium: 122.91mg (30.73%), Vitamin E: 3.86mg (25.72%), Vitamin D: 2.06µg (13.72%)