



Jam-Filled Italian Crostate

 Vegetarian

READY IN



120 min.

SERVINGS



8

CALORIES



461 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 0.1 teaspoon baking soda
- ☐ 1 cup confectioners sugar
- ☐ 1 ounce eggs
- ☐ 2 ounce egg yolks
- ☐ 1 pinch kosher salt
- ☐ 1 teaspoon lemon zest
- ☐ 1 teaspoon orange zest

- ☐ 3 cup unbleached flour all-purpose plus more for the work surface
- ☐ 1 cup butter unsalted cold cut into ½-inch cubes

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ plastic wrap
- ☐ rolling pin

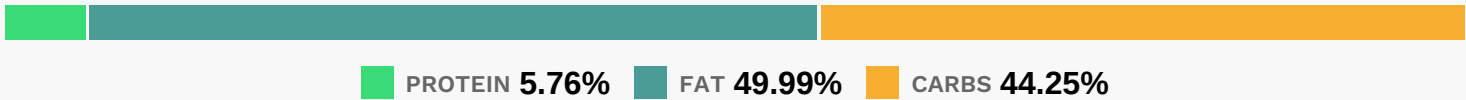
Directions

- ☐ Put the flour, sugar, salt, baking soda, baking powder and lemon and orange zests in the work bowl of a food processor fitted with a metal blade. Pulse briefly to combine the ingredients. Distribute the butter pieces around the bowl and pulse until the mixture is coarse and crumbly.
- ☐ Add the egg and egg yolks and process until the dough just begins to come together. Turn the dough out onto a lightly floured work surface and gather it together. Knead it briefly and shape it into a disk. Wrap tightly in plastic and refrigerate for at least 1 hour, or until well chilled (overnight is fine, as is frozen up to 1 month). Form the crostates: Thaw dough in the refrigerator if frozen.
- ☐ Remove the dough from the refrigerator and let it sit for 30 to 45 minutes, or until it is just pliable enough to roll, but not too soft to work with. Line 2 baking sheets with parchment. Set aside. Dust a cool flat working surface with flour. Dust a rolling pin with flour.
- ☐ Cut the dough in half then roll half to about ¼-inch thickness. Set it aside in the refrigerator as you roll out the other half. Use a plate about 6-inches in diameter as a stencil and cut out four rounds. Save the scraps for the lattice. Repeat the process with the other half of the dough. You should get eight 6-inch rounds.
- ☐ Place four on each prepared baking sheet. Chill the scraps.
- ☐ Roll the edges of each round inward forming a ½-inch rim. Spoon a heaping tablespoon of jam into the center of each round, then smooth the jam right up to the edge of the rim. Repeat with all the rounds.
- ☐ Remove the scraps from the refrigerator. Then pinch of a ping pong ball sized piece and roll it out with your fingertips to create a long, thin noodle like strand about ¼-inch in diameter.

Continue to roll the remaining dough then cut the strands into forty-eight 6-inch pieces.

- ☐
- Lay three strands evenly spaced across each jam-topped dough round. Then lay three more at an angle, creating a diamond-shaped lattice on each jam-topped dough round. Trim the strands with your fingertips, pinching them into place to stick.Cover the baking sheets with plastic wrap and refrigerate at least 30 minutes and up to one day.To bake: Adjust the oven racks so that one is on the top third and the other is on the bottom third of the oven.
- ☐
- Heat the oven to 375 degrees F.
- ☐
- Remove the baking sheets from the refrigerator, take off the plastic wrap and bake about 25-30 minutes, rotating the sheets halfway through, until golden.
- ☐
- Remove the sheets to cool on a rack to room temperature.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:25.89, Inflammation Score:-6, Nutrition Score:9.3626086945119%

Nutrients (% of daily need)

Calories: 460.71kcal (23.04%), Fat: 25.69g (39.52%), Saturated Fat: 15.44g (96.48%), Carbohydrates: 51.16g (17.05%), Net Carbohydrates: 49.84g (18.12%), Sugar: 14.88g (16.53%), Cholesterol: 150.73mg (50.24%), Sodium: 41.38mg (1.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Selenium: 21.33µg (30.47%), Vitamin B1: 0.38mg (25.58%), Folate: 98.75µg (24.69%), Vitamin B2: 0.3mg (17.54%), Vitamin A: 831.6IU (16.63%), Manganese: 0.33mg (16.32%), Vitamin B3: 2.79mg (13.94%), Iron: 2.46mg (13.65%), Phosphorus: 93.54mg (9.35%), Vitamin E: 0.91mg (6.05%), Vitamin D: 0.88µg (5.86%), Fiber: 1.32g (5.28%), Vitamin B5: 0.5mg (5.05%), Copper: 0.08mg (4.08%), Zinc: 0.57mg (3.77%), Vitamin B12: 0.22µg (3.63%), Calcium: 29.53mg (2.95%), Magnesium: 11.77mg (2.94%), Vitamin B6: 0.05mg (2.66%), Vitamin K: 2.19µg (2.08%), Potassium: 70.83mg (2.02%)