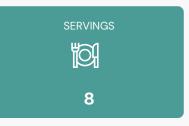


Jam-Filled Italian Crostate

Vegetarian







CONDIMENT

DIP

SPREAD

Ingredients

- 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
Εq	uipment
	bowl
	baking sheet
	oven
	plastic wrap
	rolling pin
Diı	rections
	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. Repat 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.

plastic wrap and refrigerate at least 30 minutes and up to one day. To bake: A racks so that one is on the top third and the other is on the bottom third of the	•	
Heat the oven to 375 degrees F.		
Remove the baking sheets from the refrigerator, take off the plastic wrap and 30 minutes, rotating the sheets halfway through, until golden.	bake about 25-	
Remove the sheets to cool on a rack to room temperature.		
Nutrition Facts		
PROTEIN 5.76% FAT 49.99% CARBS 44.25%		

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: Og (100%), Alcohol %: O% (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%)