



Neapolitan Ricotta and Wheatberry Pie

 Vegetarian

READY IN



780 min.

SERVINGS



10

CALORIES



451 kcal

DESSERT

Ingredients

- ☐ 1 teaspoon double-acting baking powder
- ☐ 2 tablespoons candied citron finely chopped
- ☐ 0.3 teaspoon cinnamon
- ☐ 1 tablespoon cornstarch
- ☐ 4 large egg yolk
- ☐ 2.3 cups flour all-purpose
- ☐ 1 pound ricotta cheese fresh
- ☐ 1.3 cups milk

- ☐ 1.3 teaspoons orange zest fresh finely grated
- ☐ 0.5 teaspoon orange-flower water
- ☐ 1 teaspoon salt
- ☐ 0.5 cup sugar
- ☐ 0.8 cup butter unsalted cold cut into pieces
- ☐ 1 teaspoon vanilla
- ☐ 4 cups water cold
- ☐ 0.5 cup wheat berries hulled soft
- ☐ 3 large eggs whole

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ sieve
- ☐ blender
- ☐ plastic wrap
- ☐ hand mixer
- ☐ aluminum foil
- ☐ wax paper
- ☐ springform pan
- ☐ rolling pin

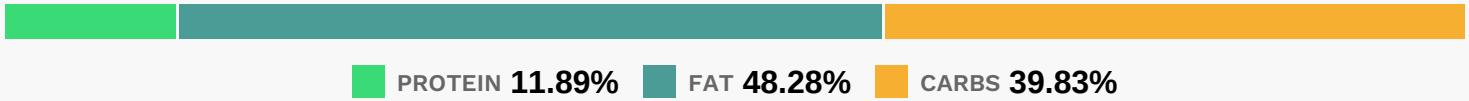
Directions

- ☐ Cover wheat berries with cold water in a bowl, then chill, covered, 8 to 12 hours.

- ☐ Drain in a sieve and rinse.
- ☐ Sift together 2 1/4 cups flour, 1/4 cup sugar, baking powder, and 1/2 teaspoon salt. Blend in 1 1/4 sticks butter (1/2 cup plus 2 tablespoons) with a pastry blender or your fingertips until mixture resembles coarse meal.
- ☐ Add 2 whole eggs and stir with a fork until a crumbly dough forms.
- ☐ Turn dough out onto a work surface. Divide in half and with heel of your hand smear each piece of dough twice with a forward motion to help distribute fat. Gather dough and form into 2 disks. Chill, wrapped in plastic wrap, until firm, at least 1 hour.
- ☐ Bring soaked wheat berries and cold water to a boil in a 2-quart saucepan, then reduce heat and simmer, covered, until wheat berries are tender, about 1 1/2 hours.
- ☐ Add remaining 1/2 teaspoon salt and simmer 5 minutes more.
- ☐ Drain in sieve and rinse under cold water until cool.
- ☐ Drain well.
- ☐ Whisk together 2 yolks and 1/4 cup sugar, then whisk in cornstarch and remaining 3 tablespoons flour until smooth. Bring milk to a boil in a small heavy saucepan, then gradually add hot milk to yolks, whisking.
- ☐ Pour custard into saucepan and bring to a boil over moderately low heat, whisking constantly (custard will get very thick), then boil, whisking, 1 minute.
- ☐ Remove from heat and whisk in vanilla and remaining 1/4 stick (2 tablespoons) butter.
- ☐ Transfer pastry cream to a bowl and chill, its surface covered with wax paper.
- ☐ Beat together ricotta and remaining 1/3 cup sugar with an electric mixer at medium speed until sugar is dissolved, about 3 minutes. Beat in flower water, pastry cream, and remaining 2 yolks, then stir in zest, citron, cinnamon, and wheat berries.
- ☐ Preheat oven to 350°F.
- ☐ Roll out half of dough into a 13-inch round on a well-floured surface with a floured rolling pin. Fit dough into a 9-inch (24-centimeter) springform pan (dough is very tender and will crack). Press dough against side of pan and patch any cracks. Chill.
- ☐ Lightly beat remaining egg.
- ☐ Roll out remaining dough into a 10-inch round and transfer to a baking sheet.
- ☐ Brush dough with some of egg, then cut into 10 (1-inch) strips with fluted pastry wheel.
- ☐ Spoon filling into chilled pie crust (filling will not reach top of crust).

- ☐ Arrange 5 dough strips vertically on filling (1 inch apart), pressing ends of strips into crust. Arrange remaining 5 strips over them in same manner to form a diagonal lattice. Trim crust 1/2 inch from top of filling, then fold over lattice.
- ☐ Brush edge with some of egg.
- ☐ Bake pie in middle of oven until pastry is golden and filling is puffed and set, about 1 1/2 hours, covering top of pie with foil after 50 minutes to prevent over-browning.
- ☐ Transfer to a rack to cool. Run a thin knife around edge of pie and remove side of pan. Chill pie at least 2 hours. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:30.71, Glycemic Load:23.52, Inflammation Score:-6, Nutrition Score:11.053912920796%

Nutrients (% of daily need)

Calories: 451.15kcal (22.56%), Fat: 24.32g (37.42%), Saturated Fat: 14.24g (88.99%), Carbohydrates: 45.14g (15.05%), Net Carbohydrates: 42.94g (15.61%), Sugar: 14.19g (15.76%), Cholesterol: 192.64mg (64.21%), Sodium: 359.49mg (15.63%), Alcohol: 0.14g (100%), Alcohol %: 0.07% (100%), Protein: 13.48g (26.96%), Selenium: 25.38µg (36.26%), Vitamin B2: 0.38mg (22.49%), Phosphorus: 202.28mg (20.23%), Calcium: 189.41mg (18.94%), Folate: 74.48µg (18.62%), Vitamin B1: 0.26mg (17.53%), Vitamin A: 857.53IU (17.15%), Iron: 2.32mg (12.86%), Manganese: 0.22mg (10.94%), Vitamin B12: 0.61µg (10.23%), Vitamin D: 1.35µg (8.99%), Vitamin B3: 1.76mg (8.82%), Fiber: 2.2g (8.8%), Zinc: 1.23mg (8.19%), Vitamin B5: 0.79mg (7.87%), Vitamin E: 0.81mg (5.42%), Vitamin B6: 0.1mg (5.05%), Magnesium: 18.65mg (4.66%), Potassium: 159.01mg (4.54%), Copper: 0.09mg (4.35%), Vitamin K: 1.98µg (1.89%)