



Ravioli with Sweet Crab and Green Herb Pesto

READY IN

ready

79 min.

SERVINGS

servings

6

CALORIES

calories

508 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 fillet anchovy
- ☐ 1 pound dungeness crabmeat for shells
- ☐ 1 large egg white
- ☐ 3 large eggs for egg wash
- ☐ 2 cups flour for dusting all-purpose plus more
- ☐ 4 cups herbs mixed fresh such as flat-leaf parsley, basil, tarragon, and mint packed ()
- ☐ 3 garlic cloves minced
- ☐ 4 green onions chopped
- ☐ 0.5 cup heavy cream

- ☐ 0.5 juice of lemon juiced
- ☐ 1 lemon zest finely grated
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 6 servings olive oil extra-virgin
- ☐ 1 teaspoon salt
- ☐ 6 servings sea salt and pepper black freshly ground

Equipment

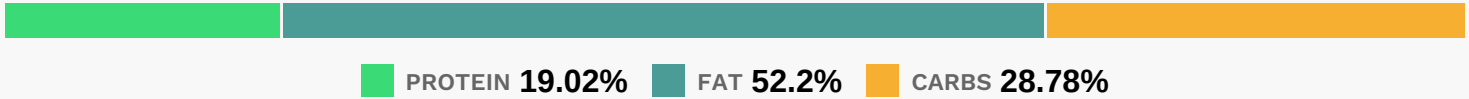
- ☐ food processor
- ☐ frying pan
- ☐ knife
- ☐ mixing bowl
- ☐ pot
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ wooden spoon
- ☐ slotted spoon
- ☐ pasta machine

Directions

- ☐ Make the pasta dough as directed in the master recipe.
- ☐ Combine all the ingredients in a mixing bowl, stirring to incorporate.
- ☐ Put the herbs in a food processor with the green onions, lemon zest, salt, and pepper; pulse to chop it up a bit.
- ☐ Add about 1/4 cup of olive oil and puree it down until smooth and bright green.
- ☐ Coat a wide saute pan with a couple of tablespoons of olive oil and place over medium heat. When the oil gets hazy, add the anchovies and mash them up with a wooden spoon so they melt into the oil. Toss in the garlic and stir it around until it just begins to turn golden, not brown. Carefully pour the herb sauce into the anchovy oil, stirring to incorporate.

- ☐ Mix in the heavy cream and season with salt and pepper.
- ☐ To make the pasta dough: In an electric mixer fitted with a dough hook*, combine the flour and salt.
- ☐ Add the eggs, 1 at a time, and continue to mix.
- ☐ Drizzle in 1 tablespoons of the olive oil and continue to incorporate all the flour until it forms a ball.
- ☐ Sprinkle some flour on work surface, knead and fold the dough until elastic and smooth, this should take about 10 minutes.
- ☐ Brush the surface with the remaining olive oil and wrap the dough in plastic wrap; let rest for about 30 minutes to allow the gluten to relax.
- ☐ Combine the flour and salt on a flat work surface; shape into a mound and make a well in the center.
- ☐ Add the eggs and 1 tablespoon of the olive oil to the well and lightly beat with a fork. Gradually draw in the flour from the inside wall of the well in a circular motion. Use 1 hand for mixing and the other to protect the outer wall. Continue to incorporate all the flour until it forms a ball. Continue as directed above.
- ☐ Cut the ball of dough in 1/2, cover and reserve the piece you are not immediately using to prevent it from drying out. Dust the counter and dough with a little flour. Press the dough into a rectangle and roll it through a pasta machine, 2 or 3 times, at widest setting. Pull and stretch the sheet of dough with the palm of your hand as it emerges from the rollers. Reduce the setting and crank the dough through again, 2 or 3 times. Continue tightening until the machine is at the narrowest setting; the dough should be paper-thin, about 1/8-inch thick (you should be able to see your hand through it.). Dust the sheets of dough with flour as needed.
- ☐ Beat 1 egg with 1 tablespoon of water to make an egg wash. Dust the counter and sheet of dough with flour, lay out the long sheet of pasta, and brush the top surface with the egg wash, which acts as a glue. Drop tablespoons of your favorite filling on 1/2 of the pasta sheet, about 2-inches apart. Fold the other 1/2 over the filling like a blanket. With an espresso cup or fingers, gently press out air pockets around each mound of filling. Use a sharp knife to cut each pillow into squares and crimp the 4 edges with the tines of a fork to make a tight seal. Dust the ravioli and a sheet pan with cornmeal to prevent the pasta from sticking and lay them out to dry slightly while assembling the rest.
- ☐ Cook the ravioli in plenty of boiling salted water for 4 minutes; they'll float to the top when ready, so be careful not to overcrowd the pot. Lift the ravioli from water with a large strainer or slotted spoon. Bathe the ravioli in your favorite sauce to lightly coat and serve.

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:23.66, Inflammation Score:-10, Nutrition Score:35.891303974649%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 86.2mg, Apigenin: 86.2mg, Apigenin: 86.2mg, Apigenin: 86.2mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg Myricetin: 5.96mg, Myricetin: 5.96mg, Myricetin: 5.96mg, Myricetin: 5.96mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 508.44kcal (25.42%), Fat: 29.49g (45.37%), Saturated Fat: 8.13g (50.81%), Carbohydrates: 36.59g (12.2%), Net Carbohydrates: 33.77g (12.28%), Sugar: 1.47g (1.63%), Cholesterol: 147.96mg (49.32%), Sodium: 1096.2mg (47.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.18g (48.36%), Vitamin K: 684.82µg (652.21%), Vitamin B12: 7.07µg (117.86%), Vitamin A: 3896.05IU (77.92%), Vitamin C: 62.84mg (76.17%), Selenium: 51.82µg (74.02%), Folate: 189.01µg (47.25%), Copper: 0.86mg (42.75%), Zinc: 5.67mg (37.78%), Iron: 5.64mg (31.31%), Phosphorus: 303.64mg (30.36%), Vitamin B1: 0.42mg (27.84%), Vitamin B2: 0.47mg (27.41%), Vitamin E: 3.52mg (23.45%), Manganese: 0.44mg (21.76%), Vitamin B3: 4.1mg (20.5%), Magnesium: 74.21mg (18.55%), Potassium: 521.68mg (14.91%), Calcium: 136.5mg (13.65%), Vitamin B6: 0.25mg (12.3%), Fiber: 2.82g (11.29%), Vitamin B5: 1.08mg (10.83%), Vitamin D: 0.82µg (5.45%)