



Ricotta, Pecorino and Parmesan Ravioli

READY IN

ready

68 min.

SERVINGS

servings

4

CALORIES

calories

575 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 large egg yolks fresh organic
- ☐ 4 sprigs sage fresh leaves picked
- ☐ 1 lemon zest
- ☐ 1 bunch marjoram fresh whole leaves picked finely chopped
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 tablespoons parmesan finely grated for finishing
- ☐ 1 pound strong pasta flour Tipo `OO`
- ☐ 2 tablespoons pecorino finely grated for finishing
- ☐ 9 ounces buffalo ricotta

☐ 4 servings sea salt and pepper black freshly ground

Equipment

☐ food processor

☐ frying pan

☐ knife

☐ pastry brush

Directions

☐ Make the pasta by plonking the eggs and flour in a food processor, turning it on and within 30 seconds it should look like chewy-looking bread crumbs. These will start to come together into larger balls of dough. Take the dough out and work by hand for 2 minutes or until smooth, silky and elastic. Wrap in plastic and allow to rest in the refrigerator.

☐ Prepare the filling by mixing everything except the whole marjoram leaves together, checking the seasoning.

☐ Cut off pieces of the pasta and roll out on a lightly floured clean work surface to about 1mm thick, then cut into pieces about 14 by 14cm (6 by 6 inches).

☐ Place a good heaped teaspoon of filling on 1 side, then using a clean pastry brush and some water, lightly but evenly brush the pasta. Pinch 1 side of the pasta over the filling so it forms a parcel, then with your thumb or the base of your palm gently pat the pasta down all around the filling. (The most important thing about ravioli is it must be sealed completely, so if there are any rips, chuck them out.) Trim and cut the ravioli into shape with a knife or crinkly cutter.

☐ Cook the ravioli in salted, gently boiling water for 3 to 4 minutes.

☐ Meanwhile, fry the marjoram leaves and sage leaves in the olive oil until crispy, then drain on kitchen paper.

☐ Put the cooked ravioli in a warmed small frying pan, add a little of the cooking water and another tablespoon of the grated pecorino, and toss. To serve, spoon the ravioli into a dish, sprinkle some of the crispy herbs on top, and add another grating of Parmesan and some freshly ground black pepper to finish.

Nutrition Facts



 **PROTEIN 14.17%**  **FAT 24.96%**  **CARBS 60.87%**

Properties

Glycemic Index:40, Glycemic Load:34.17, Inflammation Score:-7, Nutrition Score:25.4630436068%

Flavonoids

Apigenin: 15.09mg, Apigenin: 15.09mg, Apigenin: 15.09mg, Apigenin: 15.09mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg, Myricetin: 1.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 574.55kcal (28.73%), Fat: 15.75g (24.23%), Saturated Fat: 4.17g (26.06%), Carbohydrates: 86.42g (28.81%), Net Carbohydrates: 82.35g (29.95%), Sugar: 3.31g (3.68%), Cholesterol: 233.8mg (77.93%), Sodium: 91.24mg (3.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.23%), Selenium: 84.51µg (120.74%), Vitamin K: 119.54µg (113.85%), Copper: 1.59mg (79.44%), Manganese: 1.12mg (55.84%), Phosphorus: 338.1mg (33.81%), Vitamin A: 927.3IU (18.55%), Magnesium: 67.87mg (16.97%), Fiber: 4.07g (16.29%), Folate: 62.64µg (15.66%), Zinc: 2.31mg (15.39%), Iron: 2.63mg (14.64%), Vitamin C: 11.24mg (13.63%), Vitamin B6: 0.25mg (12.45%), Calcium: 122.27mg (12.23%), Vitamin B2: 0.21mg (12.15%), Vitamin B5: 1.18mg (11.8%), Vitamin E: 1.75mg (11.66%), Vitamin B3: 2.04mg (10.2%), Vitamin B1: 0.15mg (9.97%), Potassium: 324.8mg (9.28%), Vitamin B12: 0.47µg (7.87%), Vitamin D: 1.17µg (7.82%)