



Sweet Ricotta Pastries

 Vegetarian

READY IN



300 min.

SERVINGS



12

CALORIES



307 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons candied citron finely chopped
- ☐ 1 tablespoon cornstarch
- ☐ 1 large eggs with 1 tablespoon water beaten
- ☐ 1 large egg yolk
- ☐ 2 large egg yolks
- ☐ 2.3 cups flour all-purpose
- ☐ 0.5 pound ricotta fresh
- ☐ 0.5 teaspoon orange zest grated

- ☐ 0.8 teaspoon orange-flower water
- ☐ 0.5 teaspoon salt
- ☐ 6 tablespoons sugar
- ☐ 2 sticks butter unsalted cold cut into pieces
- ☐ 0.5 teaspoon vanilla extract pure
- ☐ 2 tablespoons water cold
- ☐ 0.5 cup milk whole

Equipment

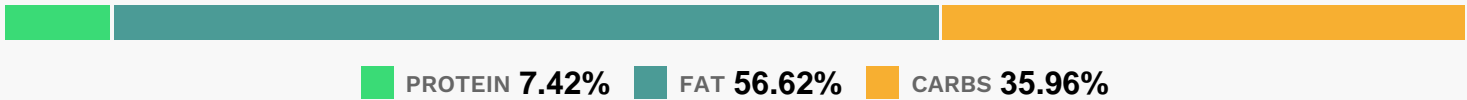
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ muffin liners
- ☐ dough scraper

Directions

- ☐ Bring milk and zest to a simmer in a small heavy saucepan, then remove from heat.
- ☐ Whisk together yolk, sugar, cornstarch, and a pinch of salt in a bowl.
- ☐ Whisk in milk, then transfer mixture to saucepan.
- ☐ Bring to a boil over medium heat, whisking constantly, and boil 1 minute. Stir in vanilla, then transfer to a clean bowl and chill custard, its surface covered with parchment paper (to prevent a skin from forming), until cold, at least 1 hour. Discard zest.
- ☐ Pulse ricotta in a food processor until smooth.

- ☐ Whisk into custard. Stir in orange-flower water and citron. Chill until ready to use.
- ☐ Pulse flour, sugar, and salt in cleaned food processor until combined.
- ☐ Add butter and zest and pulse until mixture resembles coarse meal with some roughly pea-size butter lumps.
- ☐ Add yolks and water and pulse until just incorporated and dough begins to form large clumps.
- ☐ Turn out dough onto a work surface and divide into 4 portions. With heel of your hand, smear each portion once or twice in a forward motion to help distribute fat. Gather dough together, using a pastry or bench scraper if you have one, and form into a ball.
- ☐ Generously butter muffin cups and top of pan. Press 2 tablespoon dough over bottom and up side of each muffin cup in an even layer with well-floured fingers. Chill until firm, about 30 minutes.
- ☐ Meanwhile, roll out remaining dough between 2 sheets of parchment paper into a 9-inch round (about 1/8 inch thick) and transfer to a baking sheet, discarding top sheet of paper.
- ☐ Cut 12 (1/2-inch-wide) strips, then cut in half crosswise to make 24 strips total. Chill until ready to use.
- ☐ Assemble and
- ☐ Spoon a scant 2 tablespoons filling into each muffin cup and smooth, then crisscross 2 strips on top of filling, trimming to fit.
- ☐ Brush pastry cross with egg wash.
- ☐ Bake until filling is puffed and starting to crack and edges are golden, 25 to 30 minutes.
- ☐ Cool in pan on a rack 10 minutes. Invert a rack on top of pan, then flip pan and remove. Turn pastries right side up and cool completely.
- ☐ •Dough, in muffin cups and in strips on baking sheet, can be chilled, covered with plastic wrap, up to 1 day. •Pastries can be made 4 days ahead and chilled in an airtight container. Bring to room temperature before serving.

Nutrition Facts



Properties

Glycemic Index:17.51, Glycemic Load:17.46, Inflammation Score:-4, Nutrition Score:6.0965217099242%

Nutrients (% of daily need)

Calories: 307.15kcal (15.36%), Fat: 19.43g (29.89%), Saturated Fat: 11.87g (74.21%), Carbohydrates: 27.76g (9.25%), Net Carbohydrates: 27.08g (9.85%), Sugar: 8.64g (9.6%), Cholesterol: 97.25mg (32.42%), Sodium: 123.98mg (5.39%), Alcohol: 0.06g (100%), Alcohol %: 0.08% (100%), Protein: 5.73g (11.46%), Selenium: 13.52µg (19.31%), Vitamin B1: 0.2mg (13.38%), Folate: 51.95µg (12.99%), Vitamin A: 633.32IU (12.67%), Vitamin B2: 0.2mg (11.58%), Phosphorus: 86.77mg (8.68%), Manganese: 0.17mg (8.42%), Iron: 1.29mg (7.17%), Vitamin B3: 1.42mg (7.12%), Calcium: 66mg (6.6%), Vitamin D: 0.66µg (4.41%), Vitamin E: 0.59mg (3.92%), Vitamin B12: 0.23µg (3.9%), Zinc: 0.54mg (3.62%), Vitamin B5: 0.33mg (3.29%), Fiber: 0.69g (2.75%), Copper: 0.05mg (2.33%), Magnesium: 9.25mg (2.31%), Potassium: 71.29mg (2.04%), Vitamin B6: 0.04mg (2.01%), Vitamin K: 1.66µg (1.58%)