



Toasted Ravioli and Basic Ravioli Dough

READY IN



140 min.

SERVINGS



40

CALORIES



154 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups breadcrumbs italian
- 40 servings canola oil for frying
- 2 large eggs
- 4 eggs lightly beaten for egg wash
- 1 cup flour all-purpose plus more for rolling dough
- 1 tablespoon parsley fresh minced
- 1 tablespoon garlic minced
- 0.5 pound ground beef cooked drained
- 1 cup heavy cream

- 1 pinch kosher salt
- 40 servings kosher salt and pepper freshly ground
- 0.1 cup parmesan grated
- 1 cup semolina flour
- 1 pound mozzarella cheese shredded
- 1 teaspoon vegetable oil

Equipment

- bowl
- frying pan
- sauce pan
- whisk
- wire rack
- kitchen thermometer
- aluminum foil

Directions

- For the dough: Sift the flours and a pinch of salt into a bowl.
- Whisk together the eggs, oil, and 2 tablespoons water in a separate bowl.
- Pour the flour mixture onto a clean dry work surface and form a small well in the center.
- Pour half of the egg mixture into the well and, using a fork, begin to incorporate the flour into the egg mixture. Once absorbed, incorporate the remaining egg mixture and knead by hand until all of the liquid is absorbed, 5 to 6 minutes, flouring your work surface as needed to ensure the dough doesn't stick.
- Mix together all of the ingredients until fully incorporated in a bowl. Chill in the refrigerator for at least 20 minutes, or up to 1 hour. To assemble: Divide the rested dough into 2 equal-size pieces and roll out on a floured work surface to a thickness of 1/8-inch. On 1 dough sheet, distribute tablespoon-sized portions of the filling, at least 2 inches apart.
- Brush the edges of the dough with the egg wash. Carefully lay the second sheet of dough on top and press the edges shut with your fingertips. Use a round 1 1/2-inch ravioli cutter to portion out ravioli pieces, pinching the edges shut to ensure no air is trapped inside. In a large

heavy-bottomed saucepan, pour enough oil to fill the pan about a third of the way.

- Heat over medium heat until a deep-frying thermometer inserted in the oil reaches 350 degrees F.
- Whisk the remaining 3 eggs and cream in a shallow bowl.
- Place the breadcrumbs and Parmesan into another shallow bowl and stir to combine. Dredge the ravioli in the egg mixture, followed by the breadcrumb mixture. Working in batches, carefully drop the ravioli into the saucepan and fry until golden brown, 2 to 3 minutes, making sure that the oil comes back up to temperature in between batches.
- Place directly onto a cooling rack lined with aluminum foil to drain any excess oil.
- Serve with warm tomato sauce and freshly grated Parmesan.;
- Serving suggestion: tomato sauce and freshly grated Parmesan.

Nutrition Facts

PROTEIN 16.3% **FAT 57.85%** **CARBS 25.85%**

Properties

Glycemic Index:6.13, Glycemic Load:3.38, Inflammation Score:-2, Nutrition Score:4.9260868728161%

Flavonoids

Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg

Nutrients (% of daily need)

Calories: 153.65kcal (7.68%), Fat: 9.83g (15.12%), Saturated Fat: 3.86g (24.14%), Carbohydrates: 9.88g (3.29%), Net Carbohydrates: 9.38g (3.41%), Sugar: 0.66g (0.74%), Cholesterol: 45.59mg (15.2%), Sodium: 325.79mg (14.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Selenium: 11.35µg (16.21%), Phosphorus: 86.74mg (8.67%), Vitamin B2: 0.15mg (8.57%), Calcium: 81.46mg (8.15%), Vitamin B1: 0.12mg (8.08%), Vitamin B12: 0.47µg (7.89%), Folate: 24.03µg (6.01%), Zinc: 0.83mg (5.52%), Manganese: 0.11mg (5.35%), Vitamin B3: 1.06mg (5.29%), Iron: 0.89mg (4.94%), Vitamin E: 0.69mg (4.6%), Vitamin K: 4.79µg (4.56%), Vitamin A: 212.26IU (4.25%), Vitamin B6: 0.05mg (2.57%), Magnesium: 9.7mg (2.43%), Vitamin B5: 0.24mg (2.36%), Fiber: 0.5g (1.99%), Vitamin D: 0.29µg (1.91%), Copper: 0.04mg (1.88%), Potassium: 62.52mg (1.79%)