



Tortellini with Butter Sage Sauce

READY IN



75 min.

SERVINGS



4

CALORIES



1101 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 5 tablespoons butter
- ☐ 1 eggs beaten
- ☐ 4 eggs
- ☐ 1 tablespoons olive oil extra virgin
- ☐ 3.5 cups flour
- ☐ 4 ounces ground pork shoulder
- ☐ 4 ounces pd of ground turkey
- ☐ 4 ounces ground veal

- ☐ 4 ounces mortadella diced finely
- ☐ 0.1 teaspoon nutmeg
- ☐ 0.5 teaspoon olive oil extra-virgin
- ☐ 1 cups parmigiano-reggiano grated
- ☐ 2 tablespoons parmigiano-reggiano finely grated
- ☐ 4 ounces pancetta diced finely
- ☐ 6 sage leaves

Equipment

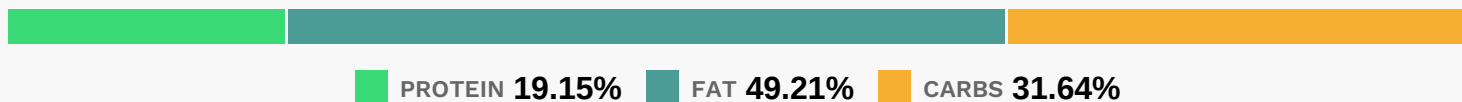
- ☐ food processor
- ☐ frying pan
- ☐ sauce pan
- ☐ knife
- ☐ pot
- ☐ plastic wrap
- ☐ dutch oven
- ☐ cutting board
- ☐ pasta machine

Directions

- ☐ In a medium saute pan on medium low flame combine the butter and sage slowly melting them to combine the flavors. Cook tortellini in boiling salted water for 8 to 10 minutes, or until all the tortellini are floating on top of the pot. Once tortelloni are done drain pasta reserving 1/2 cup of the pasta water.
- ☐ Place tortelloni in the saute pan with the melted butter and sage.
- ☐ Add the reserved pasta cooking water and toss to combine. Cook for about 30 seconds, check seasoning and serve,;
- ☐ Mound 3 1/2 cups of the flour in the center of a large wooden cutting board. Make a well in the middle of the flour and add the eggs and the olive oil. Using a fork beat together the eggs and oil and begin to incorporate the flour, starting with the inner rim of the well.

- ☐ As you expand the well, keep pushing the flour up from the base of the mound to retain the well shape. The dough will come together when half of the flour is incorporated.
- ☐ Start kneading the dough with both hands, using the palms of your hands. Once you have a cohesive mass, remove the dough from the board and scrape up and discard any leftover bits. Lightly re-flour the board and continue kneading for 6 more minutes. The dough should be elastic and a little sticky. Wrap the dough in plastic and allow to rest for 1 hour in the refrigerator.
- ☐ In a Dutch oven or heavy-bottomed, large saucepan, heat the butter and oil until it foams and subsides.
- ☐ Add the turkey, veal and pork shoulder and cook over high heat, stirring occasionally, until the meat is well-browned and begins to release some of its juices.
- ☐ Add the prosciutto and mortadella and cook for 5 minutes more.
- ☐ Remove from heat and allow to cool.
- ☐ Place in a food processor and mix to combine.
- ☐ Add the egg and the Parmigiano-Reggiano and mix well to combine. Season with salt and pepper, to taste, and add at least 1/4 teaspoon freshly grated nutmeg and mix again. Set aside in the refrigerator until ready to use.
- ☐ Roll the pasta into sheets using a pasta machine. For the desired pasta sheet thickness, gradually pass the dough through the settings starting with the widest and continuing to the number 9 setting.
- ☐ With a pasta cutter or a knife, cut the pasta into 1 1/2-inch squares.
- ☐ Place 3/4 teaspoon of filling in the center of each square. Fold into triangles, press out any air around the filling, and press to seal the edges. Bring the points of the long side together to form a ring, and seal between your fingers.
- ☐ Set the tortellini aside on a sheet pan, wrap well with plastic wrap and refrigerate. Unused tortellini may be stored frozen for up to 2 months.

Nutrition Facts



Properties

Glycemic Index:81.75, Glycemic Load:60.88, Inflammation Score:-8, Nutrition Score:35.383913596687%

Nutrients (% of daily need)

Calories: 1100.57kcal (55.03%), Fat: 59.46g (91.48%), Saturated Fat: 27.39g (171.18%), Carbohydrates: 86.03g (28.68%), Net Carbohydrates: 83.06g (30.2%), Sugar: 0.75g (0.83%), Cholesterol: 360.99mg (120.33%), Sodium: 1271.36mg (55.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 52.05g (104.1%), Selenium: 86.16µg (123.09%), Vitamin B1: 1.2mg (79.87%), Vitamin B3: 14.1mg (70.5%), Vitamin B2: 1.12mg (65.79%), Phosphorus: 649.07mg (64.91%), Folate: 236.38µg (59.1%), Iron: 7.48mg (41.54%), Manganese: 0.8mg (39.9%), Calcium: 393.28mg (39.33%), Vitamin B6: 0.71mg (35.54%), Vitamin B12: 2.09µg (34.87%), Zinc: 5.1mg (33.97%), Vitamin B5: 2.52mg (25.19%), Copper: 0.48mg (24.2%), Vitamin A: 1142.71IU (22.85%), Magnesium: 68.65mg (17.16%), Potassium: 558.87mg (15.97%), Vitamin E: 2.13mg (14.17%), Fiber: 2.97g (11.88%), Vitamin D: 1.75µg (11.65%), Vitamin K: 5.54µg (5.27%)