



Walnut and Pancetta Pansoti with Asparagus in Parmesan Broth

READY IN



45 min.

SERVINGS



8

CALORIES



256 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups asparagus halved lengthwise (from 2 lb asparagus)
- 0.3 teaspoon pepper black
- 0.8 teaspoon marjoram dried crumbled
- 2 tablespoons parsley fresh finely chopped
- 1 tablespoon olive oil
- 1 large onion finely chopped
- 3 ounce pancetta italian lean finely chopped (unsmoked cured bacon; not) ()
- 2 inch parmesan

- 8 servings parmesan grated
- 24 squares bigoli pasta fresh (3 1/2-inch)
- 0.1 teaspoon pepper dried red hot
- 0.3 teaspoon salt
- 2 ounces walnuts finely chopped
- 2 cups water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- pot
- sieve
- plastic wrap
- baking pan
- ziploc bags
- kitchen towels
- slotted spoon

Directions

- Cook pancetta in oil in a large heavy skillet over moderately low heat, stirring frequently, until golden and fat is rendered, 10 to 12 minutes.
- Add onion and marjoram and cook, stirring occasionally, until onion is well browned, 10 to 15 minutes.
- Remove from heat and transfer half of mixture to a 2-quart saucepan and remaining half to a bowl. Stir walnuts, parsley, 1/8 teaspoon salt, and pepper into mixture in bowl. Cool filling.
- Add water, red pepper flakes, and cheese rind to pancetta mixture in saucepan and simmer briskly, uncovered, until reduced to about 1 cup, about 12 minutes.
- Pour through a fine sieve into a bowl and stir in remaining 1/8 teaspoon salt.

- Place 1 level teaspoon filling in center of 1 pasta square, keeping remaining squares covered tightly with plastic wrap. Moisten edges of pasta square with water and fold in half to form a triangle, pressing around filling to force out air (air pockets increase the chance of pansoti breaking during cooking) and then pressing edges to seal.
- Transfer to a dry kitchen towel. Make more pansoti in same manner.
- Cook asparagus tips in a small saucepan of salted boiling water until crisp-tender, about 2 minutes.
- Drain in a sieve and plunge into a bowl of ice and cold water to stop cooking.
- Drain and pat dry.
- Bring a 6-quart pot of salted water to a boil, then add pansoti and cook at a strong simmer, gently stirring once or twice, until tender, 3 to 5 minutes.
- While pansoti are boiling, cook asparagus tips in oil in a small skillet over low heat until heated through, 1 to 2 minutes.
- Heat sauce in a 12-inch skillet over moderate heat until hot.
- Transfer pansoti with a slotted spoon to sauce and cook over moderate heat, stirring gently, 1 minute.
- Transfer pansoti to plates with slotted spoon, then top with some sauce and sprinkle with asparagus tips.
- Pansoti can be formed (but not cooked) 1 day ahead. Arrange in 1 layer in a kitchen-towel-lined shallow baking pan and tightly cover with plastic wrap, then chill. · If you don't have time to make fresh pasta, you can use wonton wrappers (thawed if frozen), but the flavor and texture won't be as good. · Sauce can be made 1 day ahead and cooled, uncovered, then chilled, covered. · Asparagus tips can be boiled and refreshed 1 day ahead and chilled in a sealed plastic bag along with a paper towel to absorb excess moisture. (Asparagus stalks can be used for a puréed soup.)

Nutrition Facts



Properties

Glycemic Index:24.63, Glycemic Load:0.93, Inflammation Score:-6, Nutrition Score:10.822173973788%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg, Isorhamnetin: 2.37mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 255.64kcal (12.78%), Fat: 19.14g (29.44%), Saturated Fat: 7.47g (46.66%), Carbohydrates: 6.65g (2.22%), Net Carbohydrates: 5.26g (1.91%), Sugar: 1.72g (1.92%), Cholesterol: 31.36mg (10.45%), Sodium: 671.16mg (29.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.2g (30.41%), Calcium: 407.74mg (40.77%), Phosphorus: 290.1mg (29.01%), Vitamin K: 28.92µg (27.54%), Manganese: 0.34mg (17.04%), Selenium: 10.5µg (14.99%), Vitamin A: 546.1IU (10.92%), Vitamin B2: 0.18mg (10.73%), Copper: 0.2mg (10.07%), Zinc: 1.46mg (9.76%), Vitamin B1: 0.13mg (8.86%), Magnesium: 34.86mg (8.71%), Folate: 32.7µg (8.17%), Vitamin B12: 0.45µg (7.56%), Vitamin B6: 0.15mg (7.3%), Iron: 1.29mg (7.15%), Fiber: 1.38g (5.54%), Vitamin C: 4.22mg (5.12%), Potassium: 172.93mg (4.94%), Vitamin B3: 0.98mg (4.91%), Vitamin E: 0.73mg (4.85%), Vitamin B5: 0.36mg (3.6%), Vitamin D: 0.21µg (1.37%)