



CHOCOLATE ORANGE AND GINGER SFOGLIATELLE

Liam Charles

COOK EXPERT INGREDIENTS

PASTRY

- 500g strong white plain flour
- 1 tsp salt
- 25g honey
- 350ml water (you may not need this much)
- 300g lard (keep more on standby)

FILLING

- 40g semolina
- ½ tsp salt
- 250ml whole milk
- 2-3 pieces of stem ginger
- 250g drained ricotta
- 1 large egg
- 100g caster sugar
- 50g cocoa powder
- 1-2 tbsp of the ginger preserving syrup
- Zest of half an orange
- ½ tsp cinnamon

TO DECORATE

Icing sugar

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COOK EXPERT METHOD

PREP

Line a sieve with a piece of cheese cloth and set over a bowl. Put your ricotta in the sieve and cover it with the excess cheese cloth. Lay a small saucer over the ricotta and then place a heavy item on top. For the best results, leave this in the fridge over night, but an hour will do it.

DOUGH

Add the flour and salt to the metal bowl with the dough blade and make a well in the centre. Add the water and honey, and with cap off run on The Bread/Brioche setting. Once done, the dough should be smooth. Remove the dough, cut into 8 pieces and wrap each one in cling before refrigerating.

FILLING BASE

Add the milk, semolina and salt to the metal bowl, and with cap off run Expert for 10 mins on speed 3 at 95°C. The semolina should be thick and creamy but run for a little longer if need be. Once cooked, remove the mix and add to a bowl. Cover this with cling film ensuring it is touching the semolina to stop a skin forming.

With the cap off run the metal bowl on Expert for 1 min at speed 8. Whilst running, drop in the stem ginger and allow it to be minced. Add the drained ricotta, egg, sugar, cocoa powder, ginger syrup, orange zest and cinnamon. With the cap off run on Expert for 1 min at speed 3 to combine everything together. Add the cooled semolina and with the cap off run on Expert for 1 min at speed 3 once more. Transfer the mix back to the bowl that the semolina was in; cover and refrigerate.

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COOK EXPERT METHOD

ROLLING THE SFOGLIATELLE DOUGH

Before removing the dough from the fridge, make sure you have your workstation set up. Lay out the following;

- Pasta roller
- Flour for dusting
- Lard – softened
- Two heavy objects to act as anchors i.e. jars of flour
- Pastry brush
- 4 dry tea towels (or kitchen paper)
- 2 Damp tea towels

Take the 8 pieces of dough and one by one run them through the pasta machine on the widest setting, folding and repeating until you have 8 smooth pieces of dough – dredge in flour and wrap these in the dry towels in layers and then cover those in the damp towels.

One by one, take the pieces of dough and feed these through the pasta machine slowly decreasing the width setting until you are at the very narrowest setting – add flour at each stage to stop them sticking.

Use a glass worktop saver and spread a very thin layer of lard over the top of this to stop the dough from sliding. Take the first piece of dough and lay the end over the glass – roll the first end very tightly and roll the ends out until you have a tight coil with two little tails on each end. Start covering the strip of dough with a thin layer of lard ensuring the entire surface is covered. Gently pull the dough apart with your hands, stretching it apart. Start to roll and pull on the coil, wrapping up the lard covered dough. Stop and repeat this process for the entire strip of dough, cutting the very end off and covering the final sausage in lard. Repeat the process again, connecting the second piece of lard covered dough to the sausage – roll and stretch and repeat this until you have used all of the dough.

Once you have a full sausage, start to squeeze the roll in the centre, slowly moving outwards until the sausage is 10-12” long – cover in a final layer of lard, wrap and refrigerate for an hour (or overnight if you can).

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COOK EXPERT METHOD

ASSEMBLY

Pre-heat the oven to 220°C and set up your workstation with two lined baking sheets, a little lard and your filling.

Remove the dough sausage from the fridge, unwrap and remove the scraggly ends with a knife. Using a sharp knife, cut up to 12 discs of the dough to reveal what looks like a cross section of a very old tree with lots of rings of dough and lard. Take each disc, cover your hands with a layer of lard and rub a little bit on each side of your disc.

Hold the disc with both hands between your thumbs and forefingers and start to massage and circle the dough starting in the middle and working your way out towards the edges. As you are working the dough make sure you gently separate the layers and form what looks like an ice cream cone shape, with the centre being the pointed bottom and the outside of the dough making a 3" opening.

Gently hold this shape as if you were holding an ice cream cone and fill the shell shape with a large dessert spoon of filling – make sure it has plenty of filling but not so much that it can't shut. Pinch the mouth of the shell shut to create a seal, but be careful not to compress any of the layers together.

Lay your shell on the baking sheet and repeat this process until you have 24 beautiful shells across the two sheets.

Place these in the preheated oven and bake for 20-25 minutes or until the pastry leaves have separated and turned a beautiful golden colour. Be careful not to catch the edges and circulate the baking sheets in the oven if necessary.

Once they are all baked, cool the pastries on cooling racks! Dust very lightly with icing sugar and serve.