

Pastiera Napoletana



INGREDIENTS (serves 8)

PASTRY

300 g plain flour
1 tbsp sugar
150 g unsalted butter
1 egg
150 ml water
Icing sugar for dusting

FILLING

350 g grano cotto
250 ml milk
30 g unsalted butter
1 lemon, zest only
2 eggs
2 eggs yolk
30 g sugar
350 g ricotta cheese
40 g candied citrus fruit (optional)
40 g candied orange peel (optional)
20 g orange blossom water
¼ tsp vanilla paste

Pastiera is from Napoli, Italy



Napoleonic Flag

Grade of difficulty: difficult
Preparation time: 50'
chilling time: 3 hours
cooking time: 1 hour
Region: Campania (Naples)

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METHOD

STEP 1: to make the pastry

MIX the flour and sugar in a bowl

CUT the cold butter into small pieces

PULSE together in a food processor until it resembles breadcrumbs

ADD the egg and lemon zest

TRANSFER the mixture on a floured surface

KNEAD until the mixture comes together. If it's a bit dry, add some cold water, a tablespoon at a time until it forms a dough; if it's too wet, add a bit of flour.

COVER in cling film and rest for 30 mins or overnight

Step 2: to make the filling

PLACE the cooked wheat berries, butter, milk and lemonzest in a saucepan

BRING TO A BOIL gently, stirring occasionally until it becomes very thick and creamy, about 15 mins

LET it COOL

BEAT the eggs and extra yolks with the ricotta cheese, sugar and orange blossom water until creamy.

LEAVE this mixture to rest several hours in the fridge. Possibly overnight

Step 3

MIX the cooled wheat berry cream and the ricotta mixture together with the finely chopped candied fruit

Step 4

ROLL OUT about two thirds of the pastry

PLACE it in a 10 inch (24 cm) greased springform tin

TRIM the extra dough from the tin

ROLL OUT again and CUT long strips with a pastry crimper wheel

Step 5: to assemble the 'pastiera'

FILL the pastry base with the ricotta mixture and even out the borders

EVEN OUT the borders of the pastry to the level of the mixture

LAY the long strips gently across the top to form a criss-cross diamond pattern (not square)

PRESS the strips on the edge of the pastry very gently

Step 6: to bake and serve the pastiera

BAKE it for 1 hour at 390° (200° C) until the pastry is golden and the pastiera is amber-brown on top

ALLOW TO COOL completely inside the springform pan before removing or chilling.

SIFT over the top some powdered sugar for decoration

STORE the leftovers in the fridge for a few days