

Carnival Tortelli

Typical in carnival time, the preparation of this dessert varies in each region of Italy. Excellent without a filling, sweet tortelli can be filled with confectioner's cream or jam or served with a dusting of icing sugar and accompanied by apricot jelly.



FOR:
4 PEOPLE



DIFFICULTY:
MEDIUM



TIME:
120 MIN

Ingredients

Flour	150 g
Milk	1 dl
Water	1 dl
Butter	70 g
Sugar	50 g
Whole eggs	5 n°
Yolks	1 n°
Vanillin	1 sachet
Rum	2 spoons
Oil for frying	to taste
Lemon rind	to taste
Cinnamon	to taste
Icing sugar	to taste
Salt	to taste

Preparation

1. Fill a pan with 1 dl of water, add the milk, a pinch of salt and butter cut into small pieces. Place on the heat and bring to the boil, stirring with a wooden spoon until the butter has melted. Remove the pan from the heat and add the sieved flour and the vanillin and mix well. Return to the heat and cook until the mixture is compact and smooth.
2. Pour the mixture into a bowl and leave to cool before adding the whole eggs, one at a time, and the yolk. Add the lemon rind, cinnamon, rum and sugar. Cover the mix with cling film and leave to rest for 1 hour.
3. Heat the oil; when it is warm, immerse portions of the mixture in the oil using a teaspoon. As soon as the tortelli have puffed up and are golden, drain with a slotted spoon and place on kitchen paper. Sprinkle with icing sugar and serve.

Suggested Wine

The flavours in this menu go well with the delicate flavour of a sparkling aromatic wine such as Muller Thurgau Trentino or Falanghina Campana. To accompany the dessert though, one might choose Recioto di Soave, Classic or Sparkling, or sweet Malvasia.