




Tortelli di San Giuseppe (choux pastry)






A typical traditional recipe from Ticino reworked by the SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

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|---|---------------|------------------------|
|  | Time required | approx. 90 minutes |
|  | Difficulty | Average - For amateurs |
|  | Portion size | 500 grams |

Features

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|---|-----------------|--------------------------|
|  | Dish | Dessert - Choux buns |
|  | Typical product | Eggs - 0 km |
|  | Suitable in | Winter - Carnival period |

INGREDIENTS

Choux buns

- 200 ml water
- 60 g butter
- 10 g icing sugar
- 3 g salt
- 120 g plain flour
- 150 g pasteurised whole eggs

Choux buns

PREPARATION

1. Combine the water, butter, sugar and salt and heat up to boiling point;
2. Remove from the heat, add the flour and mix it in with a flat spatula;
3. Place back on the heat and stir vigorously until the mixture has started to dry out and stops sticking to the sides of the pan;
4. Remove from the heat again and leave to cool;
5. Add the eggs one at a time while continuing to beat the mixture vigorously.

Cooking (option 1)

1. Use a pastry bag to form the choux buns on an oven tray lined with greaseproof paper;
2. Bake the choux buns in an oven preheated to 180 °C for approx. 20 minutes and then continue cooking for 10 minutes at 100 °C.

Cooking (option 2)

1. Heat the oil in the fryer to 160–170 °C;
2. Use two spoons to shape the mixture into individual buns;
3. Fry the buns for a few minutes until they have turned golden brown.

Plating up

1. Pat the buns dry with kitchen towel and arrange them on a plate;
2. Dust with icing sugar.