




# Pumpkin and pear strudel






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

## Preparation

	Time required	approx. 180 minutes
	Difficulty	High - For professionals
	Portion size	10 people

## Features

	Dish	Dessert - Strudel
	Typical product	Pumpkin - 0 km
	Suitable in	Autumn - Tasty desserts

## INGREDIENTS

### Pastry

- 200 g plain flour
- 1 pinch of salt
- 40 ml sunflower oil
- 100 ml water

### Filling

- 30 g pumpkin seeds
- 1.2 kg pumpkin
- 500 g pears
- Half a lemon
- 50 g butter
- Salt
- 1 orange (juice and rind)
- 50 g low-fat ricotta
- 2 eggs
- 100 g ground almonds
- 100 g sugar

## Initial steps

## Pastry

## Filling

## Final steps

## Plating up

## PREPARATION

1. Sieve the flour for the pastry;
2. Toast the pumpkin seeds with no added fat;
3. Clean the pumpkin;
4. Peel the pears and cut them into quarters, then brush them with lemon juice;
5. Grate the orange rind.

1. Make a well in the centre of the flour;
2. Add the salt, water and oil;
3. Work it together thoroughly until you have a smooth and homogeneous mixture;
4. Shape it into a ball and leave it to rest for at least 1 hour.

1. Grate the pumpkin and pears with a rösti grater;
2. Brown it all in a little butter in a non-stick pan for approx. 10 minutes;
3. Add salt, pepper and the orange rind;
4. Leave to cool;
5. Mix in the ricotta, eggs, almonds, flour and sugar.

**N.B.:** the mixture should be dry. Add more almonds or flour if it is too wet.

1. Preheat the oven to 180 °C;
2. Roll out the dough as thinly as possible;
3. Fill the strudel, scattering pumpkin seeds over the mixture, and roll up;
4. Place the strudel on an oven tray lined with baking parchment and brush with melted butter;
5. Bake in the oven for approx. 50 minutes.

Serve with vanilla sauce on the side.