

# Pumpkin and pear strudel

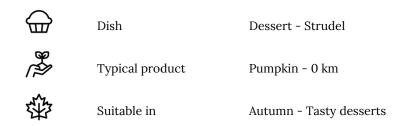


A recipe reworked by the SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

## Preparation

$\bigcirc$	Time required	approx. 180 minutes
≽	Difficulty	High - For professionals
ð	Portion size	10 people

#### Features





## INGREDIENTS

Pastry	<ul> <li>200 g plain flour</li> <li>1 pinch of salt</li> <li>40 ml sunflower oil</li> <li>100 ml water</li> </ul>
Filling	<ul> <li>30 g pumpkin seeds</li> <li>1.2 kg pumpkin</li> <li>500 g pears</li> <li>Half a lemon</li> <li>50 g butter</li> <li>Salt</li> <li>1 orange (juice and rind)</li> <li>50 g low-fat ricotta</li> <li>2 eggs</li> <li>100 g ground almonds</li> <li>100 g sugar</li> </ul>



# PREPARATION

Initial steps	<ol> <li>Sieve the flour for the pastry;</li> <li>Toast the pumpkin seeds with no added fat;</li> <li>Clean the pumpkin;</li> <li>Peel the pears and cut them into quarters, then brush them with lemon juice;</li> <li>Great the orange rind.</li> </ol>
Pastry	<ol> <li>Make a well in the centre of the flour;</li> <li>Add the salt, water and oil;</li> <li>Work it together thoroughly until you have a smooth and homogeneous mixture;</li> <li>Shape it into a ball and leave it to rest for at least 1 hour.</li> </ol>
Filling	<ol> <li>Grate the pumpkin and pears with a rösti grater;</li> <li>Brown it all in a little butter in a non-stick pan for approx. 10 minutes;</li> <li>Add salt, pepper and the orange rind;</li> <li>Leave to cool;</li> <li>Mix in the ricotta, eggs, almonds, flour and sugar.</li> <li>N.B.: the mixture should be dry. Add more almonds or flour if it is too wet.</li> </ol>
Final steps	<ol> <li>Preheat the oven to 180 °C;</li> <li>Roll out the dough as thinly as possible;</li> <li>Fill the strudel, scattering pumpkin seeds over the mixture, and roll up;</li> <li>Place the strudel on an oven tray lined with baking parchment and brush with melted butter;</li> <li>Bake in the oven for approx. 50 minutes.</li> </ol>
Plating up	Serve with vanilla sauce on the side.