

Pumpkin and pear strudel

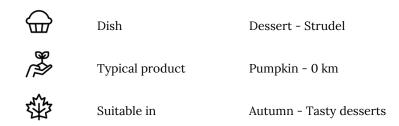


A recipe reworked by the SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

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

Features





INGREDIENTS

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



PREPARATION

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