Pasticiotti (30 Pastires)

Description

DOUGH:

3 1/2 Cups Flour

1 C Sugar

1 grated lemon rind (or 1 tsp lemon extract)

4 eggs

3 tsp. (1T) baking powder

3/4 c shortnening

FILLING:

1 1/2 C Sugar

6 egg yolks

4 Tbsp corn starch

2 C whole milk

4 Tbsp flour

2 C half-n-half

4 tsp vanilla

TO MAKE DOUGH:

Mix flour baking powder, sugar, and shortening to resemble crumbs. Add eggs and extract. Work into dough. Spray tins with Bakers Joy baking spray with flour. Form a small ball, the size of a walnut, out of dough. Press into tins. Fill with cream. Flatten more dough to cover. Gently rub tops of pastries with milk before baking.Bake at 350* for 25 mins.

*Helpful Hint: roll the walnut size dough in between suran wrap and flatten to make it easier to fill the tin. Should be very thin.

TO MAKE ITALIAN CREAM:

Mix dry ingredients together in a saucepan. Then add yolks, milk and half-n-half. Stir constantly with burner on medium or a little higher, until cream bubbles. Continue cooking, siirring constantly and rapidly for a minute or two longer. Remove from burner. Separate cream into bowls. In one bowl, add at least 2 tablespoons of cocoa to make chocolate cream. Stir until totally blended. Cover both fairly soon after making it, or else a hard top with form on the creams. Refrigerate for later use, or fill tins with cream when cooled a bit. ***After pastries cool, sprinkle with confectioners sugar.

TO MAKE 60 PASTICIOTTI (DOUBLE RECIPE)

DOUGH:

7 cups Flour

2 cups Sugar

2 tsp grated lemon rind or extract

8 eggs

6 tsp (2Tbsp) baking powder

1 1/2 cups shortening

4 cups half-n-half

FILLING:

3 cups sugar

1/2 cup corn starch

1/2 cup flour

8 tsp (2T & 2 tsp) vanilla

12 yolks

4 cups whole milk

* For Chocolate Cream, mix in 1/4 c cocoa to half of above filling.



Summary

Yield: 30
Source: Grandma Poliferno's Recipe
Prep Time: 2 1/2 hours
Category: Desserts
Cuisine: Italian

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Ingredients

- 3 1/2 cups flour
- 1 cup sugar
- 1 tsp lemon extract or 1 grated lemon rind
- 4 eggs
- 3 tsp 1 Tbsp baking powder
- 3/4 cup shortening
- 1 1/2 cups sugar
- 4 tbsp corn starch
- 4 tbsp flour
- 4 tsp vanilla
- 6 egg yolks
- 2 cups whole milk
- 2 cups half-n-half

Instructions

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7 cups Flour	3 cups sugar
2 cups Sugar	1/2 cup corn starch
2 tsp grated lemon rind or extract	1/2 cup flour
8 eggs	8 tsp (2T & 2 tsp) vanilla
6 tsp (2Tbsp) baking powder	12 yolks
1 1/2 cups shortening	4 cups whole milk
4 cups half-n-half	

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