



**MODULE IT - PREPARATION SHEET FOR RECIPES**

**APRO FORMAZIONE – FDM ECOLE HOTELIERE CANNES – NOORDEPOORT - SEDU**

**Servings: 10**

**Recipe Name: Agnolotti del Plin ai tre arrosti / Agnolotti del Plin with three roasts**

**Description:** Traditional Piedmontese festive dish. Fresh egg pasta with a meat and vegetable filling. The choice of meat fell on those coming from animals available in all the farms and the vegetables used varied according to seasonality.

"Agnolotti del Plin" are served with butter and sage or roast sauce and freshly grated Parmesan cheese.

In the winter season they are also served with a good meat broth.



INGREDIENTS	UNIT OF MEASURE	QUANTITY	PROCESSING STAGES
<b>FILLING</b>			
Celery stalk	n	3	<p>Heat the oven to T. 200°C.</p> <p>Fry a mirepoix of celery, carrots and onions in a pan with garlic, sage and thyme. Place in a baking dish lightly greased with oil.</p> <p>Cut the meat into chunks. Brown them in a frying pan with a little oil and then add them to the vegetables in the pan.</p> <p>Deglaze the pan with white wine and then pour over the meat. Season with salt.</p> <p>Place in the oven. After 3-4 minutes, pour in the remaining white wine and when it has completely evaporated, add boiling vegetable stock or hot water. Leave to cook slowly at 150°C with a half-closed lid until the meat is well cooked and tender.</p> <p>For reasons of timing, it is also possible to cook the meat in a casserole dish, cutting it into smaller pieces.</p> <p>Cook the spinach in a pan with a little oil and finish cooking with a little water if necessary.</p> <p>Blast chill the meat at +4°C and "pull" its sauce.</p> <p>Pass the stuffing and spinach through a meat grinder. Add eggs, Parmesan cheese and the meat sauce. Adjust salt and pepper and if necessary add cream until desired consistency.</p> <p>Put the filling into disposable piping bags and keep in the fridge until used.</p> <p>Prepare the dough and leave it to rest in the fridge.</p> <p>Roll out with a pastry sheeter and form agnolotti with the classic "pizzicotto" (pinch).</p> <p>To prevent them from sticking together, spread them</p>
Carrot	n	2	
Onion	n	2	
Veal chuck	g	250	
Pork neck	g	250	
Rabbit meat (leg-breasts)	g	250	
Garlic cloves	n	1	
Sage leaves	n	3	
Thyme sprigs	n	2	
White wine	ml	500	
Oil	g	Qb	
Spinach or Swiss chard	g	300	
Eggs	n	3	
Parmesan cheese	g	150	
Fine salt	g	Qb	
Black pepper	g	Qb	
Cream	g	Qb	
Nutmeg	g	qb	
<b>DOUGH</b>			
Flour 0	g	250	
Flour 00	g	250	
Eggs	n	5	
<b>FOR BOILING WATER</b>			
Coarse salt	g/L	10	
<b>FLAVORING</b>			
Fresh butter	g	150	
Fresh sage leaves	g	qb	
Parmigiano Cheese	g	Qb	





			<p>out well on trays lined with baking paper and sprinkled with flour.</p> <p>The sheets of dough for the "Agnolotti del plin" must be very thin, the minimum necessary to contain the filling and not break during cooking.</p> <p>Store the Agnolotti in the fridge for immediate use, pasteurize or blast chill at -18°C for longer preservation.</p> <p>Bring plenty of water to the boil, add 10g of coarse salt per litre and cook the agnolotti for about 4-5 minutes. Drain well and sauté in a pan with butter and sage. To make the sauce more homogeneous and thicker, add a little cooking water.</p> <p>Serve and add grated Parmigiano Reggiano.</p> <p>The cooking time of the agnolotti varies: if they are fresh and just produced the cooking time will be minimal; on the contrary, if they are blast chilled at a negative temperature they will need to cook a little longer.</p>
<b>Cooking time: 35 min + 5</b>			<p><b>Preparation and cooking materials:</b></p> <p>Chopping boards, casserole, potato peeler, paring knife, arious knives, bowls and containers.</p> <p>Pastry board, dough sheeter, Tarot, Pastry cutter, Gn trays, various small parts.</p>
<p><b>Preparation time: about 4 hours</b></p> <p>The time varies according to the size of the pieces of meat, the cooking time and the speed of production of the fresh pasta.</p>			
<p><b>Recommended individual quantity:</b></p> <p>Groups of two pupils prepare the recipe for 10 servings (halving the quantities would make processing difficult)</p>			<p><b>Variations:</b></p> <p>Chopping boards, Casserole, Potato peeler, Paring knife, various knives, Bastardelle and containers.</p> <p>Pastry board, sheeter, tarot spatula, pastry cutter, trays, various small parts.</p>

