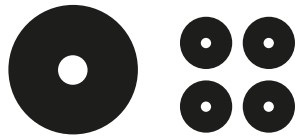


Origin



Italy

Prep Time



1 Hour + 4 hours rising

Serves



6 people

Utensils



Food

Panzerotti Taste of Puglia with native Australian herbs (V)

A panzerotti is a deep-fried pocket of dough filled with ingredients. They are a typical staple food from Puglia, in southern Italy. Its humble origins are tracked down to the middle ages. Portable and economic, the peasants made them as a way to use leftovers in a simple and nourishing way to eat while at work.

Sweet or savoury, panzerotti are still a much-loved comfort food and a favourite amongst young and old. The secret of good panzerotti lies in the way the dough is prepared. Special home recipes are kept in each household throughout generations.

Chef Margherita will disclose her favourite family recipes which she has passed down to her son Ettore, when he migrated to Australia.



Margherita and Ettore : il Panzerotto Taste of Puglia, Italy
ilpanzerotto.com.au

(V) = vegetarian

Panzerotti INGREDIENTS

Dough:

- 1kg type 00-flour
- 8 g of yeast
- 400 ml of water
- a pinch of salt
- 100 ml olive oil
- 1L seed oil to fry

Savoury filling:

- 300 g mozzarella chopped
- 400 g tomato sauce
- a pinch of salt
- splash of olive oil
- Australian bush basil (a few leaves)

Panzerotti INSTRUCTIONS

Panzerotti dough:

- 1 Bring water to a luke-warm temperature and dissolve the yeast
- 2 Add a pinch of salt in the water and mix the flour. While mixing the dough, gradually add the oil until firm. It must then be left to rise for 3 hours, covered with a cloth
- 3 After 3 hours, make about 30 balls with the dough and let them rise for another hour. Then work each ball of dough until it forms the shape of a small pizza, finally place the filling in the middle

Panzerotti filling:

- 4 To make sure the filling liquid does not moisten the dough too much, let the mozzarella dry after cutting it into small pieces
- 5 The tomato sauce must be cooked with a little oil and native basil in the pan for a few minutes, to evaporate some liquid
- 6 Spread a tablespoon of tomato sauce inside each panzerotti dough. Then place a few cubes of mozzarella and finally fold the dough over itself to form a half-moon shape. To seal panzerotti, press the edges of the dough with your fingers, this will prevent the filling from pouring into the pan



Panzerotti

Find us @ Sabores Latinos Workshop



https://youtu.be/3n_GYnl40NI

Government:

FRANKSTON
ARTS
CENTRE



Premier
and Cabinet

Organisations:



Business:



TASTE OF PUGLIA





Panzerotti

Sweet filling:

Nutella

Jam

Note your own Panzerotti filling:

Panzerotti INSTRUCTIONS

Frying Panzerotti: the essential step!

If you don't have a fryer, it is advisable to use a pan with high edges and a very thick bottom. Pour an abundant amount of seed oil and heat it. To check the temperature is high enough you can dip a toothpick in the oil. If bubbles are formed around it, then it is time to fry

Once it has reached the right temperature, lower the heat slightly. Don't fry more than two or three panzerotti at a time, otherwise the oil temperature will drop and panzerotti will take longer to fry, becoming heavier and less digestible. During frying, turn them a couple of times to obtain a uniform browning

Note: be careful not to overfill the panzerotti because this could cause the dough to break during frying



Panzerotti

All crockery available at:
Casa Bonita Lifestyle

casabonita.com.au

All ingredients in these recipes available at:
Casa Iberica Deli Fitzroy or Casa Iberica Deli Alphington:
Staff are very friendly and knowledgeable

casaibericadeli.com.au