



PASTIERA NAPOLETANA W/ WHEATBERRIES

A TRADITIONAL ITALIAN EASTER DISH

HOW TO COOK IT:

- 1 Prepare the sauce by boiling the milk with wheatberries, lemon, butter and sugar over a low heat for about twenty minutes, then cool.
- 2 For the pastry, mixed the eggs with the sugar and the lemon, then combine with the soft butter and add the flour. Knead the dough and then roll to about ½ cm thick. Layer a spring-form pan lined with floured butter, setting aside the excess to make strips for the topping.
- 3 For the filling, sift the ricotta to make it creamy and then whisk the egg whites until stiff and add them to the mix. Work the ricotta and sugar until it becomes creamy, and one at a time add the egg yolks and the candied fruit, cinnamon and the essence of orange blossom. At this point add the cream mix to the cooked wheatberries and beat together.
- 4 Pour the creamy wheatberry mix into the pan and cover with strips of pastry.
- 5 Bake at 180 degrees Celsius for 20 minutes and then at 150 degrees Celsius for about two hours.

COOKING TIME: **160 mins**

PREP TIME: **40 mins**

SERVES: **4 people**

INGREDIENTS

500 g of flour 00
200 grams of butter
200 grams of sugar
2 eggs
grated zest of 1/2 lemon
400 grams of cooked wheatberries
200 ml of milk
1 knob of butter
1 tablespoon sugar
grated zest of 1/2 lemon
500 g cheese
400 grams of sugar
5 egg whites + 3
essence of orange blossom
teaspoon of cinnamon powder
candied orange and citron
salt



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AVAILABLE FROM LEATHAMS:

CER042

MERCHANT GOURMET WHEATBERRIES 500G

Our wheatberries are delicious, golden wheat grains, easy to cook in just 25 minutes and perfect for a meal any time of the year. They have a subtle creamy and nutty flavour and taste great as an alternative to pasta or rice.

GET IN TOUCH

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**ALESSANDRO'S
FAMILY
RECIPE
FROM NAPLES**

INGREDIENTS

500 g of flour 00
200 grams of butter
200 grams of sugar
2 eggs
grated zest of 1/2 lemon
400 grams of cooked wheatberries
200 ml of milk
1 knob of butter
1 tablespoon sugar
grated zest of 1/2 lemon
500 g cheese
400 grams of sugar
5 egg whites + 3
essence of orange blossom
teaspoon of cinnamon powder
candied orange and citron
salt