

La Pasta Frolla Recipe

La pasta frolla is a basic dough for cookies and *torte* such as *la crostata* and *la torta di frutta* (I will post the recipe tomorrow).

Ingredienti (*per una crostata per 6 persone*, about 26 cm in diameter):

(250 g is about 0.55 lb)

- 250 g di *farina* (flour)
- 125 g di *burro freddo tagliato a cubetti* (cold butter cut in cubes)
- 75 g di *zucchero* (sugar)
- 2 *tuorli* (or *rossi*) *d'uovo* (egg yolks) *a temperatura ambiente* (at room temperature)
- *mezza buccia di limone grattugiata* (half a lemon zest grated)
- *mezzo cucchiaino di lievito istantaneo* (half a teaspoon of baking powder)
- 1 *pizzico di sale* (a pinch of salt)
- 1 *pizzico/1 goccio di vaniglia* (pinch/tiny bit of vanilla - *goccia*= *drop*)

Procedimento:

- *In una ciotola* (in a bowl) *mescola* (mix) *la farina, il lievito, lo zucchero, il sale e la buccia di limone*.
- *Aggiungi* (add) *i tuorli d'uovo e il burro. Impasta* (knead) *con le dita* (with -your- fingers) *per meno di mezzo minuto* (for less than half a minute).
- if it does not stick together, add some **cold** water or an egg white
- Form a ball, wrap in plastic wrap and refrigerate for at least 30 minutes, ideally a couple of hours.

La pasta frolla is now *pronta* (ready) to make *una torta* or you can simply flatten it, cut it in your favorite shapes and bake it (at 350 F) to make *biscotti*.

Comments and variations:

- you can use *un robot da cucina*
- you can prepare more dough and freeze it =)
- you can substitute all or part of the butter with extra virgin olive oil: not as tasty, but healthier
- in a few years you can add 1/2 a tablespoon of scotch to the dough

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ES.S41 Speak Italian With Your Mouth Full
Spring 2012

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