Italian Ricotta & Lemon Sfogliatine

Crisp puff pastry turnovers with a delicate lemon-ricotta filling | Makes 8 pastries

- **Preparation:** 15 minutes
- **Cooking:** 20–25 minutes
- **Total:** 35–40 minutes
- **Servings:** 8 pastries

Ingredients

- 2 rectangular puff pastry sheets (1 lb / approximately 450–500 g total)
- 7 oz (200 g) whole-milk ricotta, drained if wet
- 2 tbsp (25 g) granulated sugar
- Finely grated zest of 1 unwaxed lemon
- About 1 tbsp (15 ml) milk, for brushing
- Optional: 1 tsp sugar for sprinkling; powdered sugar for serving

Directions

1. If ricotta is watery, drain it in a strainer in the refrigerator for 20–30 minutes. Mix with sugar and lemon zest; refrigerate while preparing pastry.

2. Preheat a conventional oven to 375°F (190°C). Line a large baking sheet with parchment. Keep the puff pastry cool.

3. Cut each pastry sheet into 4 equal rectangles (8 total). Place one-eighth of the filling on one half of each rectangle, leaving a border.

4. Fold the empty half over the filling to form a smaller rectangle. Press edges together and crimp with a fork. Cut two small steam vents in the top.

5. Place on the baking sheet; brush lightly with milk and sprinkle with sugar, if using.

6. Bake 20–25 minutes, until puffed, well browned, and crisp underneath. Cool on a rack for about 10 minutes; dust with powdered sugar if desired.

Storage

Refrigerate filled pastries promptly in an airtight container at 40°F (4°C) or below; use within 3–4 days. Reheat briefly at 325°F (165°C). Best served fresh.

Estimated nutrition (per pastry)

Calories	**360–410 kcal**	**Carbohydrates**	**28–35 g**
Protein	6–8 g	Total fat	24–29 g
Saturated fat	10–15 g	Sugars	5–8 g
Fiber	1–2 g	Sodium	170–280 mg

Estimated values depend on pastry sheet weight/brand, ricotta, and toppings.