

Abruzzese Soffione di Ricotta Cake (Sweet Fiadone)

Cooking Times & Servings

- **Prep Time:** 30 minutes
 - **Ricotta draining:** overnight (recommended)
 - **Bake Time:** 45–55 minutes
 - **Cooling Time:** 2 hours
 - **Servings:** 10–12
 - **Pan:** 9.5-inch (24 cm) round cake pan or springform
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Ingredients

For the Pastry (Pasta)

- **1 cup all-purpose flour** (about **130 g**), plus extra for rolling
- **2 large eggs** (the original calls for small eggs; large works perfectly)
- **1 tablespoon extra-virgin olive oil**
- **1 1/2 tablespoons Liquore Strega** (*or Corfinio if you have it*)

For the Filling

- **2 3/4 cups whole-milk ricotta, very well drained** (about **700 g**)
- **6 large eggs**, separated
- **7 tablespoons granulated sugar** (about **1/2 cup minus 1 tablespoon**)
- **Zest of 1 lemon**, finely grated
- **1 teaspoon vanilla extract** (*instead of 1 packet “vanillina”*)

To Finish

- **Powdered sugar**, for dusting
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Instructions

1) Drain the ricotta (the key step)

- The night before, place ricotta in a fine-mesh strainer over a bowl, cover, and refrigerate **overnight**.
(This prevents the center from turning wet/heavy.)

2) Make the pastry

1. In a bowl, whisk together **eggs, olive oil, and Strega**.
2. Add the **flour gradually**, mixing with a fork until a dough forms.
3. Turn onto a work surface and knead briefly until **smooth and even**—it should feel like a **soft shortcrust**: not sticky, not dry.
4. Wrap and let rest while you make the filling.

3) Make the ricotta filling

1. Press the drained ricotta through a sieve (or whisk very well) until **creamy and smooth**.
2. Add **egg yolks, sugar, lemon zest, and vanilla**. Mix until fluffy and well combined.
3. In a clean bowl, whip egg whites to **stiff peaks**.
4. Fold whites into the ricotta mixture **gently**, in 2–3 additions, using bottom-to-top strokes.

4) Assemble

1. Preheat oven to **320°F (160°C) convection/fan** (*or 335°F / 170°C conventional*).
2. Grease and flour a **9.5-inch (24 cm)** pan (springform is great).
3. Roll the dough **very thin** (about **1 mm**, almost translucent if possible).
4. Lay it into the pan so it covers base and sides, with overhang.
5. Pour in the filling.
6. Fold the dough edges inward **without sealing completely**.
7. Cut the center dough in a **cross**, then fold those “flaps” over the filling (rustic is perfect).

5) Bake & cool

1. Bake **45–55 minutes**, until golden and set (do the **toothpick test**).
 2. Cool completely, unmold, and dust generously with **powdered sugar**.
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Tips & Tricks

- **Drain, drain, drain:** overnight makes a dramatic difference in lift and texture.
- **Ultra-thin dough = best soffione:** thick dough can weigh the filling down.
- **Fold like a cloud:** overmixing deflates the whites—fold gently and stop as soon as combined.
- **If browning too fast:** tent loosely with foil for the last 10–15 minutes.
- **Flavor boost (optional):** add 1–2 teaspoons fresh lemon juice or a pinch of salt to sharpen the ricotta flavor.