

CALABRIAN BOCCONOTTI

Traditional Italian Filled Pastries

Yield: About 20-24 bocconotti

Oven: 350 F (180 C)

INGREDIENTS

- 4 cups + 2 tablespoons (500 g) all-purpose flour
- 14 tablespoons (200 g) unsalted butter or lard, softened
- 1 cup (200 g) granulated sugar
- 4 teaspoons (about 16 g) baking powder
- 3 large eggs
- Finely grated zest of 1 lemon
- Fruit jam or Nutella, as needed
- Powdered sugar for dusting, optional

INSTRUCTIONS

1. Prepare the dough.

In a large bowl, combine the flour, sugar, and baking powder. Add the softened butter or lard and work it into the dry ingredients. Add the eggs and lemon zest, then mix just until a smooth, soft dough forms. Do not overwork the dough.

2. Prepare the molds.

Preheat the oven to 350 F (180 C). Lightly grease small bocconotti molds or individual tartlet molds if needed.

3. Form the pastry shells.

Take a small piece of dough and press it into the bottom and sides of each mold, keeping the pastry fairly thin and even.

INSTRUCTIONS (CONTINUED)

4. Add the filling.

Place about 1 teaspoon of jam or Nutella in the center of each pastry shell. Do not overfill.

5. Cover and seal.

Flatten another small piece of dough and place it over the filling. Press the edges gently to seal and remove any excess dough around the rim.

6. Bake.

Arrange the molds on a baking sheet and bake for about 15-20 minutes, or until the bocconotti are lightly golden.

7. Cool and unmold.

Let them rest in the molds for a few minutes after baking, but do not leave them there until completely cold. Carefully remove them while still slightly warm and transfer to a wire rack.

8. Serve.

Allow to cool completely. Dust with powdered sugar before serving, if desired.

NONNA'S TIPS

- Fresh lemon zest gives the pastry its characteristic delicate aroma.
- Butter gives a buttery flavor; lard makes the pastry especially tender and crumbly.
- Use a thick jam so the filling is less likely to leak during baking.
- Watch the color rather than only the clock. The pastries should be lightly golden, not dark.
- Unmold after a few minutes, while the bocconotti are still slightly warm.

STORAGE

Store completely cooled bocconotti in an airtight container at room temperature for 3-4 days. They can also be frozen for up to 2 months.