Agnolotti Stuffed with Ground Beef

Hearty dumplings stuffed with ground beef and served with sage butter

Medium | 2 Servings | 65 min.



Tomatoes, garlic, and beef: In this Turin recipe, we've filled the agnolotti pasta with plenty of aromatic ingredients and then tossed them in sage butter. They're reminiscent of ravioli and make an excellent primo piatto. There are various theories about the origin of the name of these stuffed pasta pockets. According to one legend, a cook named Angiolino—known as Angelòt—invented the recipe. Another explanation suggests that the name comes from the tool used to cut the pasta, which was called anolòt in Piedmont. Whatever the origin of the name may be—agnolotti are easy to make even without much practice and make every day special. Benissimo!

Ingredients

For the pasta dough:

3 eggs

1 egg white

350 g flour (plus a little more for kneading, if needed)

For the filling:

70 g butter

1 onion

1 clove of garlic

5 tbsp ORO di Parma Chunked Tomatoes

350 g lean ground beef

1 tbsp flour

200 ml beef broth

150 g spinach leaves

1 egg yolk

50 g Parmesan

1 pinch of pepper

1 pinch of grated nutmeg

a little salt

For the sauce:

50 g butter

a few sage leaves

Step 1: The Preparation

Peel the onion and garlic and chop both finely. Next, cut the beef into evenly sized pieces. Now it's time to blanch the spinach. To do this, bring water to a boil in a pot, add the spinach, and let it cook for about two to three minutes. Remove the spinach and place it in a bowl of ice water to stop it from cooking further. Then squeeze out the excess water thoroughly. Now separate an egg and place the yolk and white in two separate bowls. Next, finely grate the Parmesan.

Step 2: The Dough for the Agnolotti

To make the dough, mix three eggs, the remaining egg white, and flour in a bowl until you have a smooth pasta dough. The dough shouldn't be sticky. Let it rest for about 20 minutes.

Step 3: The Filling

Heat half the butter in a skillet, add the onion, garlic, and meat, and sauté everything over low heat. Once the meat is well browned and the onions are translucent, add salt. Now sprinkle the meat with flour and add the broth and the chopped tomatoes. Let everything simmer over low heat until the meat is cooked through and the sauce has thickened slightly. Remove the meat from the pan with a slotted spoon and chop it into small pieces along with the spinach. Mix both with the remaining egg yolk, a few tablespoons of Parmesan, pepper, and nutmeg. Your delicious filling is ready!

Step 4: Filling and Shaping the Pasta

Now it's time to fill the pasta: Roll out the pasta dough into strips about ten centimeters wide. Place small amounts of filling at even intervals in the center of each strip, then fold one long side of the dough strip over the other. Press the edges firmly together. Use your thumb and index finger to pinch the dough together between each filling. Keep the edge of the pasta resting on the work surface. Use a pasta wheel to cut the outer edge of the strip straight and separate the individual agnolotti from one another. Finally, add the agnolotti to boiling, salted water and cook for two to five minutes. Remove them with a slotted spoon.

Step 5: The Sauce

To make the flavorful sauce, melt the butter in a pan and add the sage leaves and a little pasta water. Super easy and super delicious!

Step 6: The Finale

Add the agnolotti to the pan and toss them briefly in the sage butter. Arrange the stuffed pasta on a preheated plate. Drizzle a little more sage butter over them, sprinkle with some grated Parmesan, and enjoy right away. Semplicemente delizioso!

Diese und weitere leckere Rezeptideen findest du auf:
www.orodiparma.de/italienische-rezepte