

Tri-Color Ravioli

w/ Black Kale Mornay Filling.



BRUNO ALBOUZE

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Tri-Color Pasta Ravioli w/ Black Kale Mornay Filling Recipe

Yield: 24 Ravioli

Yellow Pasta

0.75 cup (145g) durum wheat semolina flour*

1 ea. (50g) large egg

1 ea. (20g) egg yolk

1/2 tsp (2.5ml) olive oil

1 pinch of salt

1/2 tsp (1g) turmeric

Flour for Dusting

Mix 50% flour with 50% semolina.

*Durum semolina pasta: This is the best choice for wheat-based pasta. Durum wheat is a high-gluten, exceptionally hard wheat, while "semolina" refers to the milling texture (that of fine sand, that is) with a rich ivory color approaching yellow. However, if you feel more comfortable using traditional flour; a mix of 50% all-purpose flour and 50% wheat semolina flour can be used as well for these recipes.

Red Pasta

0.75 cup (145g) semolina flour

2 ea. (40g) egg yolks

3 Tbsp (50g) tomato paste

1/2 tsp (2.5ml) olive oil

1 pinch of salt

1/2 tsp (1g) turmeric

1 Tbsp (8g) sweet paprika

Green Pasta

0.75 cup (145g) semolina flour

1/2 cup (20g) parsley flakes

2 ea. (100g) large eggs

1 ea. (20g) egg yolk

1/2 tsp (2.5ml) olive oil

1 pinch of salt

1/2 tsp (1g) sweet paprika

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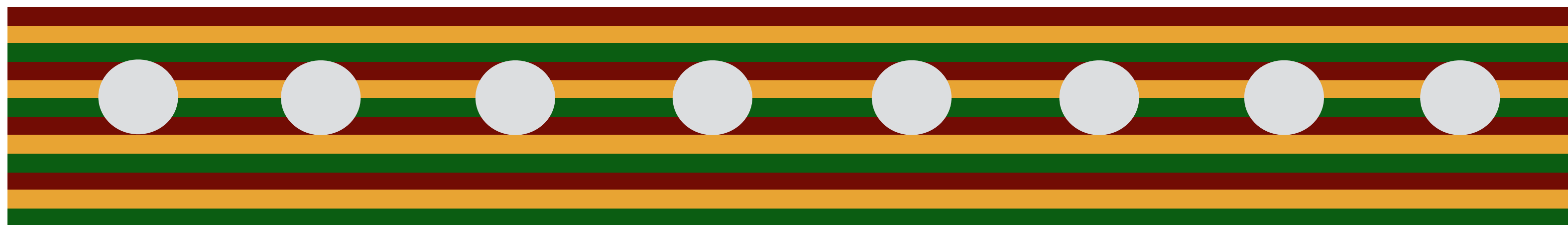
Method

For each color: in a food processor, pulse all ingredients together (liquids first) until it forms a ball (this pasta dough can be made by hand as well). The dough should be firm; it will relax after its resting time. Wrap it up and chill for an hour or longer. This resting period allows for better absorption of moisture and helps the gluten and starches to align. It makes the dough more extensible, better able to roll out without tearing. Flatten and shape each dough (starting with the yellow then red and green) into a 1/2-inch-thick (1.25cm) rectangle. Dust it lightly with the flour mixture and pass it through the widest setting on the pasta machine and keep reducing the space between the rollers after each pass and fold it in thirds, like a letter and pass through the pasta machine with the seam of the letter perpendicular to the rollers; repeat this folding and rolling step 2 or 3 times and let dough to rest 30 minutes or longer in the refrigerator.

Flatten each pasta dough into a 1/4-inch (6mm) thick rectangle and superimpose the 3 colors: the green, yellow and red. Lightly brush water in between each layer to stick and press down a bit. Divide in half and superimpose both pieces creating a 6 layers cake. Cut cake into 1/2-inch (1.25cm) thick slices. Seal them by 2; having now 3 pieces of 12 layers; each piece would make 8 ravioli. Wrap up and chill 30 minutes or more to relax before rolling out. Flatten dough and pass through the machine until the pasta is about 1/16 inch (1.6mm) thick. Trim edges and sides of the pasta sheet; it should be 5.5-inch (14cm) wide. Fill ravioli dough on one line – slightly offset from the center to better wrap (see the illustration below). Lightly brush with water around each ravioli and sides and fold dough over leaving an uncovered 1/2-inch (1.25cm) space on its edge. Lightly brush with water, flip and seal each portion and cut out. Dust cornstarch over the finished ravioli to prevent from sticking if not cooked right away. Ravioli can be refrigerated for a day max. Remaining pasta dough can also be turned into marbled ravioli or pappardelle.

Cook the pasta

Bring a 8-quart pot of well-salted (at least 1 Tbsp / 10g salt) water to a boil with a drizzle of olive oil over high heat. Put ravioli in the boiling water. Once the water returns to a boil, cook for about 5 minutes.



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Ravioli Filling (Mornay Sauce)

2 Tbsp (30g) unsalted butter

1/2 onion, chopped

1 garlic clove, minced

1 sprig lemon thyme and 1 small bay leaf (optional)

3 Tbsp (30g) all-purpose flour

1.2 cup (300ml) milk

1 ea. egg yolk

1.5 ounces (45g) parmesan, grated

1.5 ounces (45g) gruyère or comté, grated

Salt, ground black pepper, nutmeg to taste

Zest of 1/4 of an orange, preferably organic.

7 ounces (200g) black kale, chard or spinach, thoroughly washed, stems tried off, blanched and drained and pat dry (all the moisture must be removed)

1/2 bunch of parsley (about 1/2 cup) washed and chopped.

Method

Sweat onions and garlic in butter over medium high heat for a few minutes. Add flour and cook for a minute (roux). Pour in cold milk and bring to boil whisking constantly; cook for 2 minutes. Turn off the heat and whisk in the yolk and add cheeses and seasoning. Incorporate the chopped black kale and parsley. Let cool completely. Mornay sauce can be refrigerated for up to 3 days.

Note that there are actually 2 options to making a béchamel based sauce; one is to whisk cold milk in a hot roux and the other is whisking cold milk in hot roux. However if milk and roux are mixed up hot; it may turn into a lumpy sauce.

Tomato Sauce (optional)

2.5 Tbsp (45ml) olive oil

3 ea. garlic cloves, crushed

1 branch of fresh basil with leaves

28 ounces (800g) organic can tomato or ripe plum tomatoes

Salt, ground black pepper and sugar to taste.

Method

Heat up olive oil and add the crushed garlic and cook until it turns light brown on medium heat. Turn the heat off and throw in basil and let infuse for some time.

Meanwhile, pass tomatoes through a food mill and bring it to boil. Add the olive oil garlic mixture and ad seasoning. Tomato sauce can be kept refrigerated up to a week. Discard garlic and basil when ready to be served.

To Serve: Spoon tomato sauce, arrange the hot ravioli, add a drizzle of olive oil, aged or reduce balsamic vinegar and garnish with some Parmigiano-Reggiano shavings, halved cherry tomatoes and fresh basil leaves.