

## Cannoli Siciliani (Sicilian Cannoli)

courtesy of Eataly Head Pastry Chef Katia Delogu (October 13, 2017)



Cannoli are among the most beloved Italian desserts in the world. Short, sweet, and Sicilian — what's not to love?

The first cannoli were made in Palermo on the island of Sicilia. With humble beginnings, the simple dessert started off as a fried shell filled with readily available ingredients, from mascarpone to pastry cream to ricotta. Today, the dolce is an icon of southern Italian culture across the world.

Now, you can bring a taste of Sicilia to your table with our pastry chef's classic recipe, complete with your choice of fillings and toppings.



**To Make the Shells:**

- 250 grams of pastry flour
- 25 grams butter
- 25 grams sugar
- 5 grams cocoa powder
- 50 grams whole egg (1 egg)
- 70 grams Marsala wine
- 2 grams salt
- Rice or peanut oil (to fry)

Mix the dry ingredients; mix the wet ingredients; combine. Mix the dough using an electric or counter top mixer. Let the dough rest for two hours in the fridge. Roll the dough out until thin, about 1/8-inch. Use a circular cookie cutter, cup, or bowl, to cut the dough to your desired size (the bigger the circle, the bigger your cannoli will be!). Use cannoli molds to shape each circle, and seal on the edge with a bit of egg wash.

In a pot, heat the oil to 235° Fahrenheit (use enough oil to completely submerge your cannoli molds). Once heated, use tongs to fry each cannolo shell to your desired level of crispiness. When done, remove from oil, use a glove or towel to remove from mold, and let cool. Repeat until all shells are fried.

**To Make the Filling:**

- 500 grams cow's milk ricotta\*
- 150 grams sugar
- 100 grams of your chocolate shavings/chips, candied oranges, or pistachio

Sift your ricotta and mix with sugar until completely dissolved. Then, fold in your favorite ingredient to flavor the filling. For the most traditional filling, we recommend candied orange peel (get the recipe!).

\*Nota bene: The most traditional recipe for cannoli calls for sheep's milk ricotta. If you choose to use sheep's milk ricotta, simply double the amount of sugar that the recipe calls for.

**To Fill Your Cannoli:**

Add the ricotta filling to a pastry bag. Squeeze it into the shells from each side, then dip in your desired topping (think: crushed pistachios or chocolate chips), and finish with a dusting of powdered sugar.

For best results, fill your cannoli just before serving — or at the table in front of your guests for some flair!

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