

# Pasticiotti (30 Pastires)

## Description

### **DOUGH:**

3 1/2 Cups Flour

1 C Sugar

1 grated lemon rind (or 1 tsp lemon extract)

4 eggs

3 tsp. (1T) baking powder

3/4 c shortening

### **FILLING:**

1 1/2 C Sugar

6 egg yolks

4 Tbsp corn starch

2 C whole milk

4 Tbsp flour

2 C half-n-half

4 tsp vanilla

## Pasticiotti (30 Pastires)

### TO MAKE DOUGH:

Mix flour baking powder, sugar, and shortening to resemble crumbs. Add eggs and extract. Work into dough. Spray tins with Bakers Joy baking spray with flour. Form a small ball, the size of a walnut, out of dough. Press into tins. Fill with cream. Flatten more dough to cover. Gently rub tops of pastries with milk before baking. Bake at 350\* for 25 mins.

\*Helpful Hint: roll the walnut size dough in between suran wrap and flatten to make it easier to fill the tin. Should be very thin.

### TO MAKE ITALIAN CREAM:

Mix dry ingredients together in a saucepan. Then add yolks, milk and half-n-half. Stir constantly with burner on medium or a little higher, until cream bubbles. Continue cooking, stirring constantly and rapidly for a minute or two longer. Remove from burner. Separate cream into bowls. In one bowl, add at least 2 tablespoons of cocoa to make chocolate cream. Stir until totally blended. Cover both fairly soon after making it, or else a hard top will form on the creams. Refrigerate for later use, or fill tins with cream when cooled a bit. \*\*\*After pastries cool, sprinkle with confectioners sugar.

### TO MAKE 60 PASTICIOTTI (DOUBLE RECIPE)

# Pasticiotti (30 Pastires)

## DOUGH:

7 cups Flour

2 cups Sugar  
starch

2 tsp grated lemon rind or extract

8 eggs  
vanilla

6 tsp (2Tbsp) baking powder

1 1/2 cups shortening

4 cups half-n-half

\* For Chocolate Cream, mix in 1/4 c cocoa to half of above filling.

## Ingredients

- 3 1/2 cups flour
- 1 cup sugar

## FILLING:

3 cups sugar

1/2 cup corn

1/2 cup flour

8 tsp (2T & 2 tsp)

12 yolks

4 cups whole milk



## Summary

**Yield:** 30

**Source:** Grandma  
Poliferno's Recipe

**Prep Time:** 2 1/2 hours

**Category:** Desserts

**Cuisine:** Italian

## Pasticiotti (30 Pastires)

- 1 tsp lemon extract or 1 grated lemon rind
- 4 eggs
- 3 tsp 1 Tbsp baking powder
- 3/4 cup shortening
- 1 1/2 cups sugar
- 4 tbsp corn starch
- 4 tbsp flour
- 4 tsp vanilla
- 6 egg yolks
- 2 cups whole milk
- 2 cups half-n-half

### Instructions

#### TO MAKE DOUGH:

Mix flour baking powder, sugar, and shortening to resemble crumbs. Add eggs and extract. Work into dough. Spray tins with Bakers Joy baking spray with flour. Form a small ball, the size of a walnut, out of dough. Press into tins. Fill with cream. Flatten more dough to cover. Gently rub tops of pastries with milk before baking. Bake at 350\* for 25 mins.

\*Helpful Hint: roll the walnut size dough in between suran wrap and flatten to make it easier to fill the tin. Should be very thin.

# Pasticiotti (30 Pastires)

## TO MAKE ITALIAN CREAM:

Mix dry ingredients together in a saucepan. Then add yolks, milk and half-n-half. Stir constantly with burner on medium or a little higher, until cream bubbles. Continue cooking, stirring constantly and rapidly for a minute or two longer. Remove from burner. Separate cream into bowls. In one bowl, add at least 2 tablespoons of cocoa to make chocolate cream. Stir until totally blended. Cover both fairly soon after making it, or else a hard top with form on the creams. Refrigerate for later use, or fill tins with cream when cooled a bit. \*\*\*After pastries cool, sprinkle with confectioners sugar.

## TO MAKE 60 PASTICIOTTI (DOUBLE RECIPE)

### DOUGH:

7 cups Flour

2 cups Sugar  
starch

2 tsp grated lemon rind or extract

8 eggs  
vanilla

### FILLING:

3 cups sugar

1/2 cup corn

1/2 cup flour

8 tsp (2T & 2 tsp)

## Pasticiotti (30 Pastires)

6 tsp (2Tbsp) baking powder

12 yolks

1 1/2 cups shortening

4 cups whole milk

4 cups half-n-half

\* For Chocolate Cream, mix in 1/4 c cocoa to half of above filling.