

# 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	

### 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 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  
2 tsp grated lemon rind or extract  
8 eggs  
6 tsp (2Tbsp) baking powder  
1 1/2 cups shortening  
4 cups half-n-half

#### FILLING:

3 cups sugar  
1/2 cup corn starch  
1/2 cup flour  
8 tsp (2T & 2 tsp) vanilla  
12 yolks  
4 cups whole milk

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



## Summary

**Yield:** 30

**Source:** Grandma Poliferno's Recipe

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

**Category:** Desserts

**Cuisine:** Italian

# Pasticiotti (30 Pastires)

## Ingredients

- 3 1/2 cups flour
- 1 cup sugar
- 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.

### 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)

#### DOUGH:

7 cups Flour  
2 cups Sugar  
2 tsp grated lemon rind or extract  
8 eggs  
6 tsp (2Tbsp) baking powder  
1 1/2 cups shortening  
4 cups half-n-half

#### FILLING:

3 cups sugar  
1/2 cup corn starch  
1/2 cup flour  
8 tsp (2T & 2 tsp) vanilla  
12 yolks  
4 cups whole milk

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