



100% whole grain fresh milled tortellini

How to make freshly milled tortellini at home - quick and easy!

Ingredients

DOUGH INGREDIENTS:

- 375 g wheat berries, Durum
- 250 g egg, whole (5 eggs)

FILLING INGREDIENTS:

- 150 g swiss chard (or spinach, chopped fine or precooked and dried)
- 50 g egg, whole (1 egg)
- 420 g cheese, ricotta
- 125 g cheese, pecorino romano
- 3 g sea salt (1 tsp)

Directions

1. Make the Pasta Dough:
2. Mix the flour with the salt.
3. Add eggs to a well in the center of the flour, and mix until well combined with a spatula or your hands.
4. Let rest 10-15 minutes, covered so it doesn't dry out
5. Make the Filling:
6. Mix the ricotta, egg, and spinach or chard until well combined.
7. Making the Tortellini:
8. Roll the dough very thin on a floured surface, dusting the dough with flour as needed so the rolling pin does not stick. Note: the pasta will swell up and become thicker once cooked, so go thinner than you'd think.
9. Cut the dough into squares, approximately 2.5 - 3" across.
10. Brush the square with water using a pastry brush.
11. Place 1 tsp of filling into the center of the square. Do not overfill, or it will escape when you cook them.
12. Bring opposite corners together to form a triangle and seal the edges with your fingers
13. Roll the longer end of the triangle over, towards the point of the triangle. Wrap the two pointed sides around your finger and seal them together.
14. Set the tortellini on a tray not touching each other so they can dry as you make the rest.
15. Cooking and Storing:
16. Cook the tortellini for a minute or two in salted, boiling water and remove with a slotted spoon.
17. You may freeze the tortellini uncooked, individually on a tray, and then together in a bag once frozen so they don't stick together. Cook directly from frozen for a few minutes longer.

Notes

Make it Vegan

Replace the eggs with tofu or 250 g very hot water, and add a tiny bit of olive oil if the dough needs help.

For the filling, replace the 1 egg with 2 tbsp mashed potatoes.

Replace cheese with vegan cheese, add 2 tbsp nutritional yeast, or leave it out.

Video: