

Italian Recipes -

Sweet Farro Wheat Ricotta Pie

This Sicilian cheesecake, traditionally made in the springtime for Easter, has wheat added to the filling as a symbol of renewal, along with dried fruit left over from winter stores, and a perfectly balanced sweet citrus and cinnamon flavor. Farro wheat is one of the oldest forms of natural wheat grown in southern Italy and has been enjoyed by Italians for centuries. Whole farro can now be found in many specialty stores and on the internet. Rusticella D'Abruzzo brand "whole farro cereal grain" was used in the recipe below.



Ingredients

Pasta Frolla (Sweet Pastry)

- 2 c flour
- ¼ cup sugar
- ½ tsp salt
- ¾c butter
- 2 eggs, lightly beaten
- 3 Tbsp brandy
- 1 tsp grated lemon zest

Wheat

- ½ c Whole Farro Wheat (about 1 ¼ c cooked)
- ¼ c hot milk
- ½ tsp salt
- 2 Tb candied orange
- 1 Tbsp minced dried apricot
- 1 Tbsp minced dried prune

Ricotta Filling

$\frac{3}{4}$ lb. whole milk Ricotta cheese

$\frac{3}{4}$ cup sugar

3 egg yolks, beaten

dash cinnamon

grated rind of one lemon

1 tsp vanilla

1 Tb orange juice

2 egg whites, whipped until stiff with a pinch of cream of tartar

Procedure

Prepare the wheat:

Cook the wheat according to the package directions; drain the water.

Add the scalded milk, salt, and sugar and boil an additional 5 minutes.

Remove from heat and add the orange peel and dried fruit, mix, and set aside to cool.

Prepare the pasta frolla:

Sift the flour, salt, and sugar into a bowl.

Cut in butter with a fork and fingertips until the size of small peas.

Stir in egg yolks one at a time, mixing gently with a fork.

Gather the crumbly pieces of dough, adding a little milk if necessary to moisten.

Turn out on a floured board and press together with a soft, gentle kneading motion with the palm of the hand until a dough forms.

Form two discs, one slightly larger than the other, wrap in plastic wrap and refrigerate for 30 minutes.

Make the filling:

Mix together all the filling ingredients except the egg whites.

Fold in the prepared wheat and then the whipped egg whites.

Assemble the pie:

Roll out the larger disc of dough for the bottom crust and lay into a 9" springform pan.

Prick the bottom with a fork. Add the prepared filling and refrigerate.

Roll out the top crust and cut into strips using a knife or pasta wheel and use the strips to make a lattice crust on a pizza palate (see Stella Lucente Italian Pinterest for step by step pictures).

Slide lattice crust onto the top of the pie and crimp the edges.

Bake in pre-heated oven at 350° for about 40- 50 minutes, or until crust is nicely browned. Cool in oven.

Sprinkle with confectioners' sugar when cool if desired. Refrigerate until serving.

-Adapted from *Antipasti, Pani & Dolce*, 2nd edition, 2010, courtesy of
the Italian American Society of Peoria.

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