



# Culinary Arts Society of Ajijic

MONTHLY NEWSLETTER

OCTOBER 2015

Volume 29 Issue 10

[www.ajijiccasa.org](http://www.ajijiccasa.org)

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## CASA MISSION STATEMENT

CASA Members, Associates and guests are provided a monthly forum to share foods; learn new preparation techniques; stimulate culinary ideas and an avenue to meet new people who enjoy the wonderful world of food in a competitive atmosphere that encourages creativity and rewards excellence

## 2015 CASA BOARD OF DIRECTORS

**President** Margaret Ancira  
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**Advisor** Monica Molloy  
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## NEXT CASA MEETING

Please let us know if you will be attending the CASA meeting next **Monday, November 9th, 2015**. Remember that it begins promptly at 4:00 pm, and will be at **"La Mision" restaurant** at Rio Bravo #7 (turn down toward the lake like going to the current Tabarka Restaurant. La Mision is the former Villa de Arte. Presenters, please be set up no later than 3:45 pm.

### November 9th Categories

**Category A** - Comfort Food Main Dish  
**Category B** - Pies, Tarts & Cobblers

## PRESIDENT'S MESSAGE

*CASA President - Margaret Ancira*

What a perfect month November is to have the Main Dish category be Comfort Food!

After just returning from the Northeast land of comfort food, Maine, with its chowders and bisques and then to be in Charleston, SC – well, where does comfort food END but in Charleston!

I had been told to be sure to get the Junior League Cookbook from Charleston has it had quite the national reputation of being the best-selling Junior League Cookbook in the country. So, yes, I did get it and

read the entire thing cover to cover last night on the airplane. When the window passenger from Puerto Rico saw that I was reading a cookbook she proceeded to regale the middle passenger with her recipes, ingredient by ingredient, of her fabulous family dishes! The poor man -- it was quite funny but I just couldn't get involved in that one!

Anyway – there are so many wonderful comfort foods in the CHARLESTON RECEIPTS cookbook that I thought it'd be fun to share some particularly easy and yummy recipes with you.

## SHRIMP SUPREME

2 lb/1 kilo shrimp, just steamed until done and cleaned

1 Bay Leaf

Dash of red pepper (Tabasco)

½ fresh lemon juice

4 T Butter

4 T Flour

8 T Catsup

1 ½ C whole Milk

4 T Worcestershire Sauce

Salt and Pepper to taste

Cream butter and flour. Add milk, stirring with a wire whisk and make a thick cream sauce. Add Worcestershire Sauce, catsup, bay leaf, red pepper and lemon juice. Salt and pepper to taste. Add cooked shrimp and allow all to get very hot. Serve in a ring of rice. Serves 6.

*\*Continued on page 6  
President's Message*



# Culinary Arts Society of Ajijic

## Meet our October 2015 Judges

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**Donna Blackburn**

Donna has spent her entire career working in the food industry. She first worked in the bar, The Golden Totem and then graduated to the five star dining room catering to VIPs only at Ottawa International Airport. Spending endless hours waiting for customers she found herself in the kitchen with Chef Lee Ares. Here she was trained to cook an entire meal at the table and that was the beginning of her great interest in Gourmet Cooking.

Donna went on to open her own catering company called "Diners Delights", which she owned for 20 years. At that time some of her customers were with her for 16 years.

She says the most exciting thing about cooking is the fact that you can change your recipe every time you cook it and make it better. There are so many little tricks you can learn to make your work easier and faster.

Having no sense of smell Donna relies on her taste buds to perfect the food she cooks.

She feels that the best thing about cooking is watching the people you cook for, enjoying the meal.

Donna Blackburn  
d.catering@hotmail.com 766-4713



**Ilona Maria de Borhegyi**

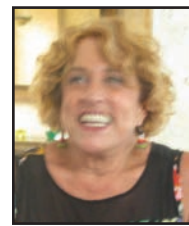
Ilona holds university degrees in Anthropology, and Cinema and Photography, and certificates in publishing techniques, information management, IT and communication outreach.

Her career includes eight years as a documentary filmmaker and public information specialist at a national energy research laboratory in New Mexico, where received two film awards and participated in women in science outreach activities. She also worked 28 years as an information officer at the United Nations Food and Agriculture Organization (FAO) in Rome, Italy, in crop protection and international agricultural trade, and investment development support carried out with The World Bank. Ilona was also on staff support groups, captain of a competitive badminton group, led two film series (classics and documentaries) and she loves history. She retired from FAO in 2013 and currently lives in Ajijic but still maintains a home in Rome.

Ilona has lived her entire life in multicultural homes with a widely varied diet, with particular exposure to Italian, Hungarian, Portuguese and Mexican cuisine. She lived in Rome for 30 years, and in Guatemala and Mexico as a child, and has worked and traveled in over 50 countries in Europe, Latin America, Africa, Asia and the Near East. She is a major foodie and loves to cook, specializing in fish, pastas, rice and vegetables, spicy sauces, especially Indian, and wines.

She speaks fluent Spanish and Italian, and fair Portuguese.

Ilona Maria de Borhegyi  
ideborhegyi@gmail.com



**Barbara Gross**

Barbara is Chicago born and bred. She has worked in both New York and San Francisco and has travelled the world.... so she has eaten in the best restaurants ever. Plus so many of her friends are such great cooks, these are her qualifications to Judge for us at CASA.

Her background is in design and fine arts, and for the last couple of decades she has run a sales agency representing some of the best designers and manufacturers in the contemporary home decor industry. Barbara did some product development and worked with major retailers including Crate and Barrel, New York Museum of Modern Art, H2O and many more.

Did we mention she is Italian?

She doesn't think she has ever been better at anything than retirement and can't think of anywhere any better than Lakeside!

Barbara Gross  
bgbabs@gmail.com



# Culinary Arts Society of Ajijic

## Meet our October 2015 Winners

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### Category A Italian Main Dish



Category A First Place Winner  
Rick Feldmann



First Place, Best Presentation and  
BING Award Rick Feldmann  
Ravioli con Osso Buco Ragu e Formaggio  
Pecorino Romano



Second Place George Lindahl  
Sicilian Braciola

### Category B Italian Desserts



Category B First Place Winner  
Marina Benz



First Place, Best Presentation and  
People's Choice, BING Award Marina Benz  
Tony Soprano's Obsession



Second Place Michele Lococo  
Almond Meringues with Mascarpone &  
Morello Chocolate Truffles

### And the winners are...



Category A Winners  
Judith Greenberg, Monique Grossman,  
George Lindahl, Rick Feldmann



Category B Winners  
Michele Lococo, Marina Benz, Wendy  
Hamblin, Carole Wolff



### Honorable mentions

#### Third Place Winners

##### Category A

Third Place Tie  
& People's Choice  
Monique Grossman  
Chicken Scallopini

Third Place Tie  
Judith Greenberg  
Italian Meatballs

##### Category B

Third Place Tie  
Carole Wolff  
Blueberry Ricotta  
Squares

Third Place Tie  
Wendy Hamblin  
Italian Creme  
Layer Cake





# Culinary Arts Society of Ajijic

## October 2015 Winning Recipes

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### FIRST PLACE

#### RAVIOLI CON OSSO BUCO RAGU E FORMAGGIO PECORINO ROMANO

*Rick Feldmann*

*Prep Time:* 3 hours for the ragu, 3 hours for the pasta sheets, 2 hours for the ravioli mixture

*Cooking and Plating:* 30 minutes

*Servings:* Makes approximately 90 ravioli

The ragu and ravioli mixture can be prepared in advance and refrigerated. Once raviolis are prepared, they can be kept refrigerated on cookie sheets, lined with damp towels, or frozen until ready to cook.

##### *Ingredients for the Ravioli Mixture*

Kosher Salt  
2 Tbs Extra Virgin Olive Oil  
2 Large Red Onions, sliced  
1 pound sweet Italian Sausage, crumbled  
300 grams spinach, cleaned, stemmed and cut into 1/2 inch ribbons  
1 cup Fresh Ricotta  
1/2 Tsp Ground Nutmeg  
1 Tbs Fennel seeds ground  
Freshly Ground Black Pepper and salt, to taste

##### *Ingredients for the Pasta Sheets*

2 1/2 Cups Semolina Pasta Flour, plus additional all purpose flour for dusting and rolling  
4 large eggs at room temperature  
1/4 tsp sea salt  
2 tsp Extra Virgin Olive Oil  
Water as needed

##### *Ingredients for the Oxtail (Osso Buco) Ragu*

1 Oxtail (approx. 5 lbs) cut into 2 inch thick pieces  
Kosher Salt & Freshly Ground Black Pepper  
6 Tbs Extra Virgin Olive Oil  
Flour, for dredging  
2 Medium Onions, sliced 1/4 inch thick  
4 Cups Red Wine  
2 cups Brown Chicken Stock  
2 cups Basic Tomato Sauce or Tomatoe Puree  
2 Tbs Dried Thyme Leaves  
1 1/2 Tbs white sugar  
Pecorino Romano for grating

##### *Directions for the Oxtail Ragu*

Preheat the oven to 375F.

Trim the excess fat from the oxtails and season liberally with salt and pepper. In a 6 to 8 quart heavy-bottomed casserole or Dutch oven, heat the olive oil over high heat until it is just smoking. Quickly dredge the oxtails in the flour and sear them on all sides until browned, turning with long handled tongs. This should

take about 8 – 10 minutes. Remove the browned oxtails to a plate and set aside.

Add the onions to the same pan and, stirring constantly with a wooden spoon, cook them until lightly browned, about 5 – 7 minutes. Add the wine, stock and tomato sauce, thyme and sugar. Bring the mixture to a boil. Return the oxtails to the pot, submerging them in the liquid, and return the pot to a boil. Cover the casserole and cook in the oven for 1 – 1 1/2 hours, or until the meat is falling off the bone. If necessary, remove the oxtails to a pressure cooker, add 1 cup water, cover and cook for 15 minutes, then wait while to pressure releases. This latter step will ensure the meat easily flakes off the bones.

Remove the oxtails from either the pan or pressure cooker. When they are cool enough to handle remove the meat from the bones and shred into small pieces with a fork, or cut with a knife. Discard the bones.

Skim the fat from the surface of the sauce, if there is fat present. Return the shredded meat to the casserole. Place the casserole over medium high heat and bring to a boil. Then reduce to a simmer. Simmer slowly until it reduces to a very thick ragu. (NOTE that this may not be necessary if the ragu is already thick and gelatinous from baking in the oven. Season the ragu with salt and pepper to taste. This can be made in advance.

##### *Directions for the Ravioli Mixture*

In a large sauté pan, heat the olive oil over medium heat. Add the onions and cook slowly until softened. Add the sausage and cook until the pink is gone, about 8 minutes, breaking it up into small pieces. Add the spinach and stir to mix with sausage and then cover and cook 15 minutes until the spinach gives up its water. Remove the lid and cook until almost dry, about 5 minutes

Add the sausage and onion mixture to the ricotta, nutmeg, and salt and pepper after it has cooled down. Mix well. Set aside while preparing the pasta sheets. This can be made in advance and refrigerated.

##### *Directions for Pasta Sheets*

Make a pasta dough by mounding the flour and salt on your work surface. Make a well in the center. In a small bowl lightly beat the eggs and oil, and then pour the mixture into the well. Using your fingers, draw in the flour

to the inside of the well, always working in the same direction to prevent air pockets from forming. Keep working until the wet mixture is fully integrated. You may need to add water to build a nice elastic consistency. Continue forming the dough into a soft ball. It should be firm enough to handle, but soft and very pliable. The dough should be soft but not wet or sticky in the least. If the dough is too soft, add flour a little at a time until you get the right consistency. The dough should be kneaded for about 5 minutes. Then wrap the ball up in plastic wrap and set aside for 30 minutes to 1 hour to rest.

Prepare your work surface with a light dusting of flour. Uncover the pasta ball after it is rested and cut into 4 equal portions. Work with one portion at a time, keeping the others wrapped until needed. Roll out one of the pasta balls with a roller, flouring lightly with all-purpose flour as needed. Roll and fold. Reroll and refold. Repeat this rolling and folding process at least five times, while the dough becomes easier to roll and thin enough to produce sheets of pasta dough.

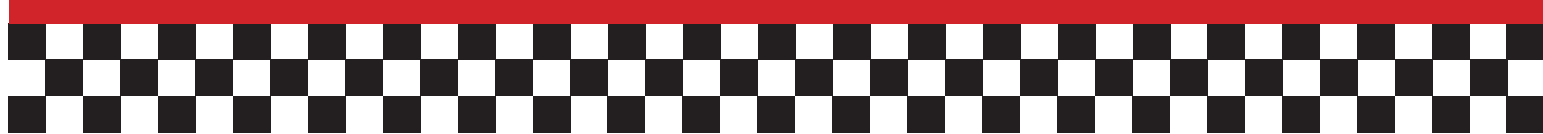
##### *Preparing the Raviolis*

As you roll out the dough above, you will find that you need to work and rework the sheet to produce edges of thin sheets. When you get a thin sheet, use a pizza cutter to cut out pieces of the sheet into 3 inch by 2 inch rectangles. Spoon 1 tsp of the mixture on the center of each rectangle. Dip your finger in a bowl of water and wet the edges of each rectangle. Then fold the rectangle long ways, pulling the pasta dough to further thin the ravioli and eliminating any air. Next use the tines of a fork to seal the opened edges. Finally use the pizza cutter to remove any excess dough off the sealed edges so the sealed edges are no greater than 1/4 of an inch. The dough that you remove in making the raviolis will be added to the next ball of dough you work with. Each ball should make about 20 – 25 raviolis. Continue each ball until you have used up all the ravioli mixture. As the raviolis are prepared they can be put on a cookie sheet lined with parchment paper and put into the freezer while working the next ball of pasta dough.

##### *Cooking and Plating*

Bring about 6 quarts of water to a boil and add 2 tablespoons of salt. Meanwhile, in a large sauté pan, heat about 1/2 of the ragu. Gently

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## October 2015 Winning Recipes Cont.

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### FIRST PLACE CONT.

drop the frozen ravioli into the boiling water and bring the water back to a boil.

Add some of the pasta water to the ragu to bring it back to a nice wet consistency. Line your plates or serving tray with a thick layer of the ragu.

Note that the raviolis will float to the top of the pot when ready. Use a large slotted spoon to fish the raviolis out of the water, allowing the water to drip away. Add the cooked raviolis to the plates or serving tray. When finished, cover the raviolis with another layer of the ragu. Finish off with shaving some of the pecorino cheese over each plate, or over the serving tray. Serve immediately, or cover and keep warm. If covering for any length of time, you may find that the cheese melts into the ragu. You may want to add more cheese for presentation when ready to serve.

### FIRST PLACE CHOCOLATE CANNOLIS

Marina Benz

Makes about 4 dozens 4-inch cannoli (with pasta machine method)

*For the cannoli shells:*

- 2 cups (250 g/16 oz) all-purpose flour
- 2 tbsp (28 g/1 oz) sugar
- 1 tsp (5 g/0.06 oz) unsweetened baking cocoa powder, sifted
- ½ tsp (1.15 g/0.04 oz) ground cinnamon
- ½ tsp (approx. 3 g/0.11 oz) salt
- 3 tbsp (42 g/1.5 oz) vegetable or olive oil
- 1 tsp (5 g/0.18 oz) white wine vinegar
- Approximately ½ cup (approx. 59 g/approx. 4 fluid ounces/approx. 125 ml) sweet Marsala or any white or red wine you have on hand
- 1 large egg, separated (you will need the egg white but not the yolk)
- Vegetable or any neutral oil for frying about 2 quarts (8 cups/approx. 2 litres)
- 1/2 cup (approx. 62 g/2 oz) toasted, chopped hazelnuts for garnish (optional)
- Confectioners' sugar for sprinkling (optional)

*For the filling:*

- ¼ cup fine granulated sugar
- 1/8 tsp salt
- 8 oz fresh ricotta cheese
- 8 oz mascarpone cheese
- 1 tbsp dark rum

- 1 tsp pure vanilla extract
- 2 oz bittersweet chocolate, grated or finely chopped
- 2 oz toasted hazelnuts, coarsely ground or finely chopped
- ½ cup cold whipping cream (optional, if you want to lighten the cheese mixture)

*Make the shells:*

In a medium bowl combine the flour, sugar, cocoa, cinnamon, and salt. Using a wooden spoon, stir in the oil, vinegar, and enough of the wine to make soft dough. Turn the dough out onto a lightly floured surface and knead until smooth and well blended, about 2 minutes. Shape the dough into a ball. Cover with plastic wrap and let rest in the fridge from 2 hours to overnight.

*For hand-rolling:*

Cut the dough into two pieces. Keep the remaining dough covered while you work. Lightly flour a large cutting or pastry board and roll the dough until super thin, about 1/16 to 1/8" thick (An area of about 13 inches by 18 inches should give you that). Cut out 3 to 5-inch circles (3-inch – small/medium; 4-inch – medium/large; 5-inch; – large. Your choice). Roll the cut out circle into an oval, rolling it larger and thinner if it's shrunk a little.

Oil the outside of the cannoli tubes (You only have to do this once, as the oil from the deep fry will keep them well, uhh, oiled..lol). Roll a dough oval from the long side (If square, position like a diamond, and place tube/form on the corner closest to you, then roll) around each tube/form and dab a little egg white on the dough where the edges overlap (avoid getting the egg white on the tube, or the pastry will stick to it). Press well to seal. Set aside to let the egg white seal dry a little.

In a deep heavy saucepan, pour enough oil to reach a depth of 3 inches, or if using an electric deep-fryer, follow the manufacturer's directions. Heat the oil to 360°F on a deep fry thermometer, or until a small piece of the dough or bread cube placed in the oil sizzles and browns in 1 minute. Have ready a tray or sheet pan lined with paper towels or paper bags.

Carefully lower a few of the cannoli tubes into the hot oil. Do not crowd the pan. Fry the shells until golden, about 2 minutes, turning them so that they brown evenly.

Lift a cannoli tube with a wire skimmer or large

slotted spoon, out of the oil. Using tongs, grasp the cannoli tube at one end. Very carefully remove the cannoli tube with the open sides straight up and down so that the oil flows back into the pan. Place the tube on paper towels or bags to drain. Repeat with the remaining tubes. While they are still hot, grasp the tubes with a potholder and pull the cannoli shells off the tubes with a pair of tongs, or with your hand protected by an oven mitt or towel. Let the shells cool completely on the paper towels. Place shells on cooling rack until ready to fill. Repeat making and frying the shells with the remaining dough. If you are reusing the cannoli tubes, let them cool before wrapping them in the dough.

*For pasta machine method (Highly recommended):*

Divide the dough into 4 equal pieces. Starting at the middle setting, run one of the pieces of dough through the rollers of a pasta machine. Lightly dust the dough with flour as needed to keep it from sticking. Pass the dough through the machine repeatedly, until you reach the highest or second highest setting. The dough should be about 4 inches wide and thin enough to see your hand through.

Continue rolling out the remaining dough. If you do not have enough cannoli tubes for all of the dough, lay the pieces of dough on sheets of plastic wrap and keep them covered until you are ready to use them.

Cut out and fry the cannoli shells as according to the directions above.

Depending on how much scrap you have left after cutting out all of your cannoli shapes, you can either fry them up and sprinkle with confectioner's sugar for a crispy treat, or let the scraps rest under plastic wrap and a towel, then re-roll and cut more cannoli shapes.

If you want to prepare the shells ahead of time, store them in an airtight container, then re-crisp in a 350°F (176 °C) oven for a few minutes, before filling.

*Make the filling, fill the cannoli:*

In the bowl of a food processor, combine the ricotta, sugar, and salt and process until smooth, stopping and scraping the sides of the bowl as needed. Add the mascarpone, rum, and vanilla and pulse until well combined. Transfer to a medium bowl. Stir in the grated chocolate and hazelnuts.

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### CASA'S BING AWARD

The BING Award is given to each CASA Presenter with 3 First Places throughout the year. The BING Award was instituted in 1987 by Charlotte MacNamara, CASA's first president, who is the founder of Vogue Magazine. Her best friend was Bing Horn of the BING Ice Cream Company in Guadalajara. Bing wanted to do something special for Charlotte and CASA, so he paid for the trophies. The 2 friends then decided that "in honor of CASA and BING Ice Cream" they would award a trophy to anyone who won 3 first places during that calendar year and named this the "BING" Award. To date, many have achieved this - a few more than once.

**WE HAD "TWO" NEW  
BING WINNERS THIS MONTH  
Marina Benz & Rick Feldmann  
Congratulations!!**

3 others qualified for their  
BING Award earlier in the year  
**Catherine Suter, Monica Molloy  
and Leslie Yanko**

**NOW WE HAVE 5 BING  
AWARD WINNERS!**



**November 9th**

**Category A** - Comfort Food Main Dish  
**Category B** - Pies, Tarts & Cobblers

**December 14th** - Members Only

**Category A** - Botanas  
**Category B** - Holiday Desserts

\* CASA categories for 2016 will be listed in the November newsletter.

**Date Change from Dec. 21st to Dec. 14th  
Holiday party at Manix Restaurant**

Members & Guests \$200 pesos

Ham glazed in mustard with roasted  
pineapple and a horseradish sauce  
Roast chicken  
Ratatouille of roasted peppers, zucchini,  
chayote & other vegetables with herbs  
Corn souffle

Due to inflation the costs have risen for this year's Holiday Party. We must charge \$200 pesos per person attending. Presenters and the judges will attend "at no charge".

You must make reservations for the Holiday Party if you are not presenting or judging. Reservations will be taken only at the October 19 and November 9 CASA meetings. All reservations must be prepaid at one of these meetings. We will need to know if you wish to eat ham or roast chicken so Manix can properly plan the meal. Guests are welcome. Please see Rick Feldmann to make your reservations and payment.

This will complement CASA's presenters of Holiday Botanas and Holiday Desserts.  
No Speaker in December - yay, more visit time!

### MEET OUR 2016 CASA BOARD OF DIRECTORS



*President* - Monica Molloy

*Vice-President* - Michele Lococo

*Secretary* - George Lindahl

*Treasurer* - Leslie Yanko

*Director at Large* - Judith Greenberg

**Congratulations!!**

### PRESIDENT'S MESSAGE CONT. CASA President - Margaret Ancira

#### OYSTER STEW

1 Quart Whole Milk  
1 C Cream  
1 Quart Oysters  
1 T Butter  
1/8 t. Pepper and 1 1/2 t Salt  
8 Saltines, crumbled  
1 C steamed diced Celery  
Mace, 1 whole piece or 1/8 t ground mace

Heat milk, cream, butter, Saltine crumbs, soft celery and seasonings in the top of a double boiler. Add the oysters and cook until they curl on the edges. Serve hot. Serves 6.

*Margaret Ancira*  
CASA President



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# CASA

## CULINARY CORNER

### October's Culinary Tip

## prep school

PETIT TEST KITCHEN

**FROM P. 88**

### All the Shrimp in the Sea

When buying shrimp, the terms small, medium, and large aren't a joke. They make a difference in the type of dish they're destined for. Here's our size guide.

**SMALL**

These quick-cooking gems are great for stir-fries, curries, and pastas. It's hard to eat just one, but once their flesh is uncovered, their life is shorter.

**MEDIUM**

Manageable yet meaty, these are the "just right" choice for tossing into salads, stirring into hot sauce, and quick pickling.

**LARGE**

Save these out when you're going for quality over quantity—think shrimp cocktail or grilling where shrimp will be the main event.



**FROM P. 12**

### SMOKE IT IF YOU'VE GOT IT

Cold-smoking foods adds flavor to ingredients without cooking them: Onions and tomatillos are ideal in salsas; greens want to hang out in salads and slaws; and carrots are incredible simmered in a soup. Luckily, our quick-smoke method is an easy hack that even you can pull off. (A vent hood is recommended.) Follow these simple steps. —*RICK MARTINEZ*

1. Peel or cut your produce—exposed flesh will absorb more smoky flavor.

2. Get your pan (cast iron is best) blazing hot, toss in wood chips, and wait till they smoke.

3. Cover chips with foil; place food on top. Cover, remove from heat, and smoke 5-10 minutes.

**FROM P. 102**

### FRY AWAY

To fry thin pieces of protein, like a whole butterflied trout, start with enough distance between your hand and the hot skillet to avoid the inevitable oil spatter, and always lay the fillet in the pan going away from you—never toward. Gently hold the fish by the tail and place the front section into the skillet first, guiding it into the pan until the flesh lays flat. (Check first to make sure it will fit—you don't want it curling up the side of the pan!) To guarantee it stays that way, use a fish spatula to press the whole thing down. Consistent contact with the skillet is essential for crispy skin. —*A.R.*



PHOTOGRAPHS BY ALEX LAU      JULY 2015 • BONAPPETIT.COM 113

### FIRST PLACE CONT.

#### CHOCOLATE CANNOLIS

Marina Benz

If the ricotta was well-drained, the consistency of the filling should be just right for immediate piping. If it's not, place it, covered, in the fridge to firm up.

If you wish to lighten the filling, make it more mousse-like consistency, whip the cream until medium peaks form. Using a rubber spatula, fold in about a quarter of the cream into the cheese mixture, then fold in the remaining cream. Transfer the filling into a pastry bag fitted with a ½-inch tip. Insert the tip in the cannoli shell and squeeze gently until the shell is half filled. Turn the shell and fill the other side. Serve IMMEDIATELY!

If you want to prepare the shells ahead of time, store them in an airtight container, then re-crisp in a 350°F (176 °C) oven for a few minutes, before filling.



See You There...