

Panzerotti

Che?!

Panzerotti is a typical example of regional 'cucina povera' (peasant cooking) originating from Puglia and found all over Southern Italy sold as a street food favourite!

These deep-fried pockets of dough are typically filled with mozzarella, however can be found filled with sweet & savoury favourites such as Nutella or ricotta. Delizioso!



Origins

Panzerotti is a deep-fried crescent of dough. Traditionally from Puglia, this is a perfect example of 'cucina povera' and a popular street-food favourite that can now be found all over Southern Italy. They are typically fried at the time of your order and served hot with your favourite savoury or sweet filling.

They were a great way to make use of any left-over dough from bread-making and were generally filled with common ingredients found in every Italian home, mozzarella, and tomatoes!

How to Make

RDM Dough Balls are perfect for making delicious Panzerotti. Prepare the dough as per usual and stretch out the dough as if creating a base, however, slightly thicker. Cut the base into four equal triangle quarters. Place a heaped tablespoon of filling into each triangle. Carefully fold the dough from one side to fold over the other and pin together tightly. To create the classic panzerotti shape, fold the edges over themselves and press down tightly. Deep fry at 180 degrees in a deep fryer for approx. 2 mins or until golden brown and remove with a slotted spoon. Panzerotti should be enjoyed hot!

Any panzerotti can be pre-prepared and kept chilled to be cooked later.

Some fillings that we love for dessert options include Nutella, apple and rhubarb and Nutella and ricotta. Other savoury filling variations that can be used include mozzarella and salami, anchovies, prosciutto, olives, sausage and ricotta and spinach. The only limit is your imagination!

Typically sold on menus for around \$12-\$15 – perfect for dessert menu innovation! This traditional street food from Puglia will be sure to delight!

Did you know?

The name 'panzerotti' comes from the word 'panza' – the Pugliese dialect for 'pancia', meaning belly, after the way the pastry swells up like a bloated belly when it is fried in the oil! (totally worth it though!)

For more info or to get your hands on our dough, contact us at info@rdmpizza.com.au or visit www.rdmpizza.com.au

