

Authentic Italian Sfogliatelle

Yield: 12 min
Total Time: 270 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pastries-sfogliatelle-recipe>

Ingredients:

- 4 cups flour
- 1 tablespoon salt
- 3/4 cup water more if needed
- 1 3/16 tablespoons honey
- 1 7/8 cups whole milk
- 7 15/16 tablespoons white sugar
- 1 pinch salt
- 7/8 cup semolina flour
- 2 cups ricotta
- 1 egg large
- 1/2 teaspoon vanilla extract
- 1 pinch cinnamon
- 1 3/4 ounces candied orange peel finely chopped
- 2/3 cup unsalted butter or lard
- sugar Confectioner's

Nutrition:

1. Calories: 450 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 70 milligrams
4. Fat: 18 grams
5. Fiber: 2 grams
6. Protein: 12 grams
7. SaturatedFat: 11 grams
8. Sodium: 680 milligrams
9. Sugar: 17 grams

Thank you for visiting our website. Hope you enjoy Authentic Italian Sfogliatelle above. You can see more 16 italian pastries sfogliatelle recipe You won't believe the taste! to get more great cooking ideas.