

# Pastiera Napoletana

Yield: 4 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-pastiera-napoletana-easter>

## Ingredients:

- 9/16 cup butter unsalted cold
- 2 cups flour
- 1 whole egg
- 1 yolk
- 1 lemon
- 7/8 cup icing sugar
- 1 5/16 cups wheat berries cooked, or pearl barley – you will need about 100 grams if using uncooked
- 7/8 cup milk
- 2 1/8 tablespoons butter
- 1 3/8 cups ricotta fresh, from sheep and cow's milk, if you can get a mixture of both
- 2 15/16 cups caster sugar
- 2 yolks
- 2 whole eggs
- 9/16 cup citrus fruit mixed candied, such as citron – my preference – or orange, finely chopped
- 1 lemon organic
- 1 teaspoon vanilla essence or 1 vanilla bean pod
- 1 teaspoon cinnamon
- 1 tablespoon orange blossom water
- icing sugar powdered sugar for dusting, optional

## Nutrition:

1. Calories: 1470 calories
2. Carbohydrate: 224 grams
3. Cholesterol: 450 milligrams
4. Fat: 53 grams
5. Fiber: 14 grams
6. Protein: 35 grams
7. SaturatedFat: 30 grams

8. Sodium: 400 milligrams
  9. Sugar: 116 grams
- 

Thank you for visiting our website. Hope you enjoy Pastiera Napoletana above. You can see more 11+ recipe pastiera napoletana easter Deliciousness awaits you! to get more great cooking ideas.