



# « Cassatelle di ricotta »



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## *L'histoire de la "ricotta".*

*Tasty, fresh and light, this cheese is made of ewe milk and goat milk. It allows realizing very good cakes thanks to its delicate taste which fits with various flavours.*



*The masterpieces of the Sicilian pastry (Cannoli, Sicilian Cassata, Cassatelles, etc.) could not exist without this cheese whose history goes back to a very ancient era.*



*Indeed, in the masterpiece "Homer's Odyssey," the Cyclops Polyphème prepares this cheese for Ulysses and his adventure buddies. So the Cave of Polyphemus, which according to mythological studies was in Sicily (east of the island), was the first dairy cheese in history.*

*In the Middle Ages, this cheese disappeared. It reappears with Saint Francis of Assisi, who will teach the making of the ricotta to the shepherds. For him, this cheese is both poor and simple but also perfectly white and divine, like the latter.*

*Nowadays, we find this cheese again in literature thanks to Pierpaolo Pasolini, a contemporary author. He went further than Homer because this sweet became the title of one of his works.*





*That's a simple man story who is ignored and despised by the surrounding bourgeoisie. The main character started to have breakfast with this cheese.*

*In May 2016, the ricotta was celebrated during the "Sagra della ricotta e del cannolo". This festival is organized by the Brotherhood of Saint Pascal (the patron saint of shepherds). It takes place in the town of Mussumeli, near Palermo, which is an agricultural land where the good grazing of sheep and goats ensures a product of excellence.*



## ***And now.....the recipe!***

*"Cassatelles di ricotta" are typical cakes of Sicilian gastronomy.*

*They have been recognized and included in the list of traditional Italian agri-food products.*

*This cake was born in 1700 on the occasion of Easter in the town of Calatafimi (province of Trapani).*

*They are called differently according to the various cities of Sicily: "Cappidruzzi" in Marsala, "Raviola di ricotta" in Mazara del Vallo or "cassateddri" in the cities of Partinico and Lascari.*

*"Cassatelles di ricotta" are friable half-moons, inside which there is ricotta (cheese of sheep), sugar, some cinnamon and chocolate flakes.*



*For the dough, we used durum wheat flour, sugar, olive oil, Marsala wine and some lemon peel.*

## Utensils:

- Bowl
- Rolling pin
- Pasta cutter wheel
- Paper tissue
- Serving platter

## Ingredients

### For the dough:

- 1 kg durum wheat flour « 00 »
- 150 ml olive oil
- Marsala Wine
- Some lemon or orange peel (depending on your taste).

### For the stuffing:

- 1 kg ricotta
- 250g sugar
- Chocolate flakes
  
- Icing sugar for the filling

## Preparation

- Put the flour and the lemon peel in a big bowl.
- Mix then create a waterfall in the middle of the mix. Pour the olive oil in.
- Work the dough with your hands and gradually add the Marsala wine until you obtain a smooth paste.
- Leave to rest a little
- Then, prepare the stuffing with ricotta (beforehand drained), sugar, a pinch of cinnamon and chocolate.
- Roll the dough with the rolling pin until it is thin.
- Cut a circle in the dough with a knife and put a spoon of ricotta in the middle.
- Close all the "Cassatelles" with the pasta cutter wheel and fry them in hot oil.
- When the Cassatelles are golden brown, put it on a serving platter and dust with icing sugar.

## For more information and pictures (version italienne)

<http://www.comenius-marsala-namur.com/TRADIALICULTURE/Dossier%20recette%20siciliens/P-VideoS-cassatelle.html>

## **The Marsala wine and its story.**

*The Marsala wine is a liqueur wine, probably one of the most prestigious.*

*In and around Marsala lies one of the most beautiful vineyards in the southern part of Western Sicily.*

*Since 1984, this wine is included in the list of A.O.C. (Appellation d'Origine Contrôlée = regional trademark )wine. Therefore, the name « Marsala » may only be used for excellent and superior wine. The wine must be bottled in an A.O.C area with a guarantee for the customer of a very high quality level.*



**Marsala:  
The cathedral dedicated to  
Saint Thomas Becket**

*The origin of the Marsala wine starts a long time ago. Its older name was « Perpetum ». Over the centuries, this wine has retained its characteristics which make it a famous wine all around the world.*

*As for the name of the city « Marsala », it's a name of Arabic origin « Mars Al-Allah », means the port of Allah.*

*However, thanks to an English trader called John Woodhouse, the Marsala wine has an international success. Indeed, in 1773, to protect himself from a rough sea, John docked to the harbour of Marsala. He discovered the production of the "Perpetum". This wine reminded him of those of Spain or Portugal so appreciated in England.*

*Woodhouse began to import these wines. In order to protect them during the travel, he added a little alcohol in the casks. The request was so big that Woodhouse decided towards the end of the 18th century to settle in Sicily. He created his own company to produce and market Marsala's Wine. The success was fast and the wine became international.*

## Side dishes with Marsala wine

*Marsala wine is used in many cocktail preparations, culinary dishes and desserts. The best known are Cassatelle, Cannoli, etc.*

*As an aperitif, the varieties of Marsala Superiore, Vergine and Riserva dry are served fresh from 6 to 8 C ° maximum.*

*As a side dish, the Marsala is perfectly combined with blue cheeses such as Gorgonzola, Roquefort or those with hard pasta like Padano, Reggiano, Siciliano, Pecorino etc.*



*For a dessert, the service temperature is 16 to 18 C °, it accompanies perfectly not only the Sicilian pastries but also the other cakes based on pastry cream. I forgot to tell you that the Marsala wine was also a "meditation wine" very pleasant at the end of a meal*

*If you get a chance to go to Sicily, I recommend you a stop in the city of Marsala. This town is full of history with its museums, cantina and other wine shops.*



La cantina Florio

