



The Finest Italian Sweets

by [deepa](#) / November 24, 2022



People are so familiar with savory dishes such as Pizza and Pasta. But there are more Italian dishes that are famous throughout the world. From all around the Italian peninsula There are many sweet delicacies hailing.

Here are some treats for your next trip.

1. White Peach Tart

Marco Canora comments, "This crust is not what you'd anticipate." Rather than being crispy, it has a cakey, airy texture. The dough is fantastic for spontaneous baking since it doesn't need to be

refrigerated before it's rolled out. To prevent the delicate crust from becoming soggy, Canora suggests choosing peaches that are ripe but still firm for the filling. Desserts With More Fruit

Time Spent Doing Something: Thirty Minutes

Duration: 1 hour and 30 minutes

Yield: 8

Ingredients

- a cup and a half of all-purpose flour
- 14 cups white sugar
- Baking powder, half a teaspoon
- a pinch of lemon zest, grated
- Seven Tablespoons of Softened Unsalted Butter
- Singular Large Egg = 1
- Egg Yolk, One Large
- Approximately a quarter of a cup and two teaspoons of peach preserves
- Three or four white peaches, ideally firm, sliced into thin half-inch slices
- Sugar, for dusting pastries

Directions

- To bake, set the oven temperature to 375 degrees and put a rack in the bottom third of the oven. Pulse the flour, sugar, baking powder, lemon zest, and butter in a food processor until everything is evenly distributed. Process the dough with the entire egg and the egg yolk until it forms a soft ball. Turn the dough out onto a work surface and knead just until it comes together. Use a removable-bottom, fluted tart pan measuring 10 1/2 inches to press the dough evenly over the bottom and up the sides.
- Arrange the peach wedges in concentric rounds over a 1/4 cup of the preserves spread on the dough. Allow to bake for 20 minutes, or until the peaches are just soft but the crust is still pale. Bake for a further 30 minutes with the remaining 2 tablespoons of preserves brushed over the peaches, or until the peaches are soft and the crust is brown. If you want to serve the tart warm, cut it into wedges right away; otherwise, let it cool for at least 30 minutes before serving.

2. Raspberry Jam Bomboloni



According to Kate Neumann, the Italian doughnut holes known as bomboloni always fly off the dessert menu at her restaurant. She also cooks them at home sometimes since “they are simple to prepare in advance and then fry at the last minute,” she says. Immediately after they come out of the fryer, Neumann fills the doughnut holes with fruit jams or chocolate ganache and rolls them in sugar and spices like anise and cardamom. She serves them hot and fresh, saying, “I believe that this is the secret of my success.

Doing Something:

45 mins

Summative Duration:

An hour and a half

There should be 32 bomboloni after this.

Ingredients

- Approximately one-half cup plus one tablespoon of tepid water
- 1 and a half packets of dried yeast (about 3 1/4 tablespoons)
- Honey, about 1 1/2 teaspoons
- Add more flour if you need to (3 cups total)
- Milk, 3 Tablespoons

- A dozen big egg yolks
- Sugar, granulated, about a third of a cup plus extra for rolling
- Two tablespoons of high-quality salt
- The equivalent of 3 tablespoons of melted unsalted butter
- Canola oil for frying: 3 cups
- 3/4 of a cup of raspberry preserves without seeds
- Dusting Sugar, or Confectioner's Sugar

Directions

- To make the dough, combine 1 cup plus 2 tablespoons of the flour, the yeast, the honey, and the water in the bowl of a stand mixer fitted with the dough hook. (You may also use a hand mixer to stir the ingredients.) Wrap in plastic and let sit for 1 hour at room temperature, or until frothy.
- Put the bowl back into the stand mixer and attach the dough hook. Mix in the remaining 13/4 cups of flour plus the extra 2 tablespoons, the milk, egg yolks, sugar, and salt. Knead on medium speed for 5 minutes, or until the dough is smooth and silky but still somewhat sticky and will not pull away from the sides of the bowl after initial mixing at low speed. Transfer the dough to a basin greased with oil and cover it with plastic wrap. Store in the fridge for at least one night. The dough is unpromising.
- Canola oil should be heated to 360 degrees in a big pot. Hang some paper towels on a rack. Layer about an inch and a half of granulated sugar in a wide, shallow bowl. Lightly dust a work surface and roll out the dough to a thickness of about 1/2 inch. Cut out 32 rounds using a 1/2-inch biscuit cutter; do not reroll the scraps. Brown the rounds in batches of eight in a hot skillet for 4 minutes. Be sure the oil temperature stays between 360 and 375 degrees. Paper towel the bomboloni dry before rolling them in the sugar. The leftover bomboloni should be fried and rolled in flour as before.
- Stuff the preserves into a pastry bag fitted with a simple donut tip (or a 1/4-inch tip) (you can also use a squeeze bottle). Pull the tip out slightly as you squeeze to fill the bomboloni to the brim with preserves; insert the tip until it is three-quarters of the way in. Serve the bomboloni hot, dusted with confectioners' sugar.

3. Torta Della Nonna

Tuscany is home to many delicious sweets, but "Grandmother's cake" is one of the most popular. Joe Sponzo's takes the classic by combining a flaky pastry crust with a smooth pastry cream flavored with vanilla and lemon zest (other Tuscan cooks add ricotta cheese). Pine nuts, a specialty of the area, provide the finishing touch on his tart.

Ingredients

Pastry

- Three cups of flour, any kind
- A Half Cup of Sugar
- a single teaspoon of baking powder
- The zest of one lemon, finely grated
- A Pinch Of Salt
- 7 ounces softened unsalted butter (1 stick + 6 tablespoons)
- 2 big eggs
- This recipe calls for 4 big egg yolks.

Custard Filling in Pastries

- (2 cups) of milk
- The Sugar Content of a Half Cup
- The seeds from 1/2 of a vanilla bean
- Strips of lemon zest, 2 inches long and 1 inch wide
- Ingredients: 5 big egg yolks
- One-third of a cup of regular flour
- Served with toasted pine nuts
- Berries served fresh

Directions

- Put the flour, sugar, baking powder, lemon zest, and salt into a food processor and pulse until combined. Mix in chunks of butter and pulse until the texture of the coarse meal is achieved. Just before the dough comes together, add the eggs and pulse a few times. To bring the pastry dough together, dump it out onto a floured surface and knead it a couple of times. Cut the dough in half, with one half being somewhat smaller than the other. Wrap each disc of pastry dough in plastic wrap and chill for at least 30 minutes once you've shaped the dough.
- Warm the milk, vanilla bean and seeds, remaining sugar, and lemon zest in a medium saucepan over medium heat until the mixture is hot to the touch. To make the filling, combine the egg yolks and the remaining 1/4 cup of sugar in a separate medium bowl and whisk until smooth. Mix the flour in well. Stir in the heated milk gradually while whisking.

- Place a sieve with a very fine mesh over a medium bowl. Return the pastry cream mixture to the pan and simmer over moderate heat, whisking constantly, for 2 minutes, or until thick and boiling. Quickly scrape the sieve with a rubber spatula and pour the pastry cream into a bowl. Cover the pastry cream with plastic wrap and chill in the fridge for 1–2 hours, or until firm.
- Preheat the oven to 350°. Prepare a removable-bottom, fluted tart pan measuring 10 inches by buttering and flouring it. Roll out the bigger pastry disc to a circular 1/8 inch thick on a lightly floured board. Gently push the pastry into the corners of the tart pan. Don't trim the overhang.
- Evenly distribute the pastry cream that has been cooled in the tart shell. Roll out the remaining pastry disc to a 1/8-inch-thick round and set it over the tart; gently press out any air bubbles. To remove excess dough from the edge of the tart pan, gently run the rolling pin over the rim. Seal the tart by gently pressing the edge together.
- Turn the tart pans halfway through baking so that they bake evenly, then bake the tarts in the bottom third of the oven for approximately 40 minutes, or until the crust is golden brown. The tart should be allowed to cool fully in the tart pan. Pull the tart out of the form and place it on a large serving platter. Spread pine nuts over the tart dough, then cut into wedges and serve with fruit.

4. Almond Semifreddo with Caramelized Apples

Top Chef judge and acclaimed chef Tom Colicchio has used his restaurant's success to boost the profiles of his other judges. This super creamy almond semifreddo ("half-frozen") is topped with warm caramelized apples and was created by Karen DeMasco, the former pastry chef at Craft and coauthor of *The Craft of Baking* alongside cookbook author Mindy Fox, who is recognized for dishes that are classically exquisite but accessible.

Ingredients

- Almonds, sliced and blanched, 1/2 cup
- The equivalent of a quarter cup of almond paste (3 ounces)
- 1-cup sugar
- Salt
- 2 big eggs
- Egg Yolk, One Large
- The equivalent of 1 1/2 cups of heavy cream
- Extract pure vanilla, 1/2 teaspoon
- Reduced to halves, vanilla beans
- Ingredients: 3 Golden Delicious apples, peeled and chopped into 1/2-inch chunks

- Cider Apples, Half a Cup

Directions

- The oven has to be preheated to 325 degrees. Line a 9-by-5-inch loaf pan with plastic wrap, leaving at least 3 inches of overhang on both sides, and coat it with vegetable oil spray. In a pie dish, spread the almonds out and toast them in the oven for approximately 7 minutes, or until they are just beginning to turn brown. The almonds should be transferred to a food processor and let to cool. To a food processor, add the almond paste, 2 tablespoons of sugar, and 1/4 teaspoon of salt. Pulse until the nuts are finely chopped.
- One-fourth cup of sugar and two teaspoons of water should be brought to a boil in a small pot. For about 4 or 5 minutes, the syrup should boil over moderate heat until it has thickened somewhat but has not changed color.
- Beat the entire eggs and egg yolks together on medium-high speed in a large bowl with an electric mixer until foamy. Carefully add the hot sugar and continue beating on high for approximately 7 minutes, or until the mixture is light and fluffy and has cooled down.
- Cream with vanilla extract should be beaten in another big basin until stiff. To prevent any streaking, thoroughly combine the beaten egg mixture with the cream. Combining the almond mixture and scraping it into the loaf pan. Wrap in plastic and freeze until firm, at least 6 hours or overnight.
- Melt the remaining half cup of sugar with 2 tablespoons of water and the vanilla bean in a large pan over high heat. For approximately 5 minutes, while stirring constantly, bring to a boil over moderate heat until a rich, golden caramel develops. Cook for approximately 4 minutes, stirring periodically until the apples are soft and the liquid has evaporated. Toss the vanilla bean and then add the cider and cook until a thick syrup develops, approximately 3 minutes longer.
- After removing the semifreddo from the mold and wrapping, cut it into 8 pieces. The apples should be caramelized and served immediately after being spooned on top.

5. Concord Grape Granita

An Upbeat Update Concord grape juice, which provides the sweet and sour flavor of this frozen treat, is three times as powerful an antioxidant as orange and grapefruit juices.

Time Spent Doing Something: 20 Minutes

4 hours and 30 minutes total time

Yield: 4

Ingredients

- Sugar, 1/4 cup + 2 tbsp
- A quarter cup plus two teaspoons of liquid
- One and a half and a half cups, plus two teaspoons, of fresh Concord grape juice

Directions

- Sugar and water should be dissolved by simmering them together in a pot. Be patient as you wait for it to calm down.
- Stir the sugar syrup and grape juice together in a 9-inch square baking dish made of glass. Keep it like a way for a whole half hour. Any frozen crystals should be scraped into the middle of the plate using two forks. Keep the mixture in the freezer for another 4 hours, scraping it every 30 minutes, until it is completely frozen and granular. Servings of granita should be scraped into cold bowls and offered to guests.

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