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Specialty: Dermatology

Country: Italy



Name of dish	Cappellacci di Zucca (Ferrarian Pumpkin Big Hats)	
Ingredients for dough	Ingredients	Quantity (for 4 persons)
	Flour	400 grams
	Eggs	4
	Salt	A pinch
Ingredients for filling	Ingredients	Quantity (for 4 persons)
	Pumpkin	600 grams
	Grated parmesan cheese	200 grams
	Salt	A pinch
	Pepper	A pinch
	Nutmeg	A pinch
Ingredients for meat ragout	Ingredients	Quantity (for 4 persons)
	Celery	A stalk
	Onion	1 small
	Carrot	1 small

	White wine	1 glass	
	Tomato sauce	500 grams	
	Salt	A pinch	
	Rosemary	A sprig	
	Milk	1 dl	
Directions for dough	<p>Knead all the ingredients and work the dough very well until it is soft and smooth, let it rest for 30 minutes.</p> <p>In the meantime prepare the filling.</p>		
Directions for filling	<p>Cut the pumpkin into slices and clean it well, removing seeds and internal filaments.</p> <p>Bake in oven. When ready, take the pulp out with a spoon, put it in a pie dish and add the other ingredients.</p> <p>Roll out the dough some millimeters with a rolling pin, cut it into squares (about 4 X 4 cm) and put an abundant spoonful of filling into the center of each, then fold the dough into a triangle. Roll up the ends of the triangle on the index finger and fix the dough well.</p> <p>Now it is time to prepare the condiment.</p>		
Directions for meat ragout	<p>In Ferrara the condiment used is a meat <i>ragout</i> in order to exalt the difference between the sweet stuffing and the saltiness of the condiment. Mince together the carrot, onion and celery, fry in olive oil, add minced meat. When it is well browned (must not be boiled!) add wine and let evaporate. Then add tomato sauce, salt and sprig of rosemary.</p> <p>Cook at a low fire for 3-4 hours adding a small amount of water, if is necessary. When <i>ragout</i> is ready, add milk.</p> <p>Cook the pumpkin big hats in abundant salted water for about 7-8 minutes, drain and put into a tureen with <i>ragout</i> and abundant parmesan cheese.</p>		
Other relevant information	<p>Cappellaci di Zucca (Pumpkin Big Hats): The food of the Este Dukes in Ferrara.</p> <p>This refined dish - a symbol of the city of Ferrara - has origin in the Renaissance, at the court of Duke Alfonso of Este. The first written evidence which refers to the recipe, goes back to 1584 a creation of Giovan Battista Rossetti, chef of the Este Court.</p> <p>The original recipe was a bit different from the actual one. Since a bittersweet taste was preferred, cinnamon and ginger were used, today the only spice used is nutmeg.</p> <p>The name derives from the form of the typical straw hats worn by Ferrarian farmers.</p> <p>Since 2016 Pumpkin Big Hats have the IGT mark.</p>		