

'MPANATIGGHI MODICANI (COOKIES WITH MEAT)

RECIPE MAKES ABOUT 30 COOKIES

INGREDIENTS FOR THE DOUGH:

4 CUPS (500 G) OF PASTRY FLOUR
½ CUP (130 G) OF WHITE GRANULATED SUGAR
½ CUP (130 G) OF CRISCO PORK LARD (WE WILL REPLACE IT WITH BUTTER)
2 MEDIUM YOLKS
1 WHOLE MEDIUM SIZE EGG

INGREDIENTS FOR THE FILLING:

1 ½ CUPS (250 G) GROUND VEAL
2 EGG WHITES (FROM MEDIUM EGGS)
2 ½ CUPS (250 G) OF RAW MINCED ALMONDS
1 CUP (150 G) OF CHOPPED CHOCOLATE (COCOA MASS)
¾ CUPS (150 G) OF WHITE GRANULATED SUGAR
1 TBS OF COCOA POWDER
1 PINCH OF SALT
1 LEMON ZEST
1 PINCH OF CINNAMON

TO DECORATE:

POWDERED SUGAR

TOOLS:

ROUND COOKIE CUTTER (OR 3 INCHES/8 CM DIAMETER GLASS)
ROLLING PIN
PARCHMENT PAPER
FORKS AND KNIVES
PLASTIC WRAP
SCISSORS

DIRECTIONS FOR THE CRUST:

IN A BOWL, COMBINE THE FLOUR AND SUGAR. ADD THE BUTTER AND THE EGGS AND WORK IT UNTIL YOU GET A SMOOTH AND HOMOGENEOUS DOUGH. IF IT IS VERY DRY, ADD A FEW DROPS OF WATER AND CONTINUE MIXING. WRAP THE DOUGH WITH PLASTIC AND CHILL IT IN THE FRIDGE FOR AT LEAST HALF AN HOUR.

DIRECTIONS FOR THE FILLING:

ON A SLOW FIRE COOK THE MINCED MEAT IN A PAN WITH A PINCH OF SALT UNTIL IT DOESN'T LOOK PINK ANYMORE AND IT IS COMPLETELY DRY.

IN A LARGE BOWL, COMBINE THE CHOPPED CHOCOLATE WITH THE FINELY CHOPPED ALMONDS, THE SUGAR, CINNAMON, LEMON PEEL AND COCOA. MIX WELL UNTIL SMOOTH.

AT THE END, ADD THE WHIPPED EGG WHITES

IN THE MEANTIME, PREHEAT THE OVEN TO ABOUT 350 DEGREES ON A BAKE SETTING. AT THIS POINT, TAKE THE DOUGH OUT OF THE FRIDGE.

USING A BIT OF FLOUR AND A ROLLING PIN, FLATTEN THE DOUGH TIL IT'S THIN. YOU CAN PUT THE DOUGH BETWEEN TWO SHEETS OF PARCHMENT PAPER AND FLATTEN IT USING THE ROLLING PIN.

CUT THE DOUGH INTO CIRCLES USING THE COOKIE CUTTER (OR THE GLASS). PLACE A SPOONFUL OF THE MEAT FILLING IN THE CENTER, FOLD THE DOUGH ONTO ITSELF. USING THE TIP OF A FORK, PRESS TO MAKE LINED EDGES THAT SEAL THE COOKIE, WHICH SHOULD HAVE A HALF-MOON SHAPE. WITH SCISSORS, MAKE A SMALL INCISION ON THE TOP. PLACE THE COOKIES ON A PARCHMENT LINED TRAY AND BAKE FOR 18-20 MINUTES, UNTIL THE COOKIES ARE SLIGHTLY GOLDEN. COOL, AND THEN DUST WITH POWDERED SUGAR.