

Mom Blogger PLR Boutique

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Comfort Cooking:

Swiss Chard and Ricotta Malfatti with Brown Sage Butter

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Swiss Chard and Ricotta Malfatti with Brown Sage Butter

Getting Nude:

When ravioli are missing their pasta wrappers, sometimes they are called gnudi ravioli, but in Florence they would just say “gnudi”, which means “nude”.

In Tuscany, they might be called malfatti.

No matter what you call them, these dumpling-like morsels will melt in your mouth.

If you're without a pasta maker, or want to skip the carbs, gnudi are perfect and simple to make. Just the shaping part may be tricky. They need a light touch, or swirl in a wine glass to get their oval form. You can also try putting the mixture in a pastry bag and piping them if you're comfortable with that.

Ingredients:

- *4 bunches swiss chard (4 lbs.)
- *8 oz. Butter
- *1 lb. ricotta, drained
- *1/4 cup flour
- *1 heaping tsp. salt
- *1/2 tsp. freshly grated nutmeg
- *4 large egg yolks
- *1 large whole egg
- *freshly ground black pepper
- *24 fresh sage leaves
- *Parmesan cheese for serving

Directions:

1. In a large pot bring water to boil that is heavily seasoned with salt. Remove all stems and large ridges from your chard. Add half of chard to the boiling water, and cook until it's limp and dark green for about 3 minutes. Remove chard from the pot with a slotted spoon, and immediately plunge in a bowl of ice water. Repeat this for the remaining chard.
2. Remove the chard from the ice water, and squeeze out the water with your hands. Then spread it on a cotton dish towel, forming a pie size circle. You need to roll up the towel, and make sure to squeeze out as much moisture as possible. Get help if you need another pair of hands. Pulse the chard in a food processor

until fine. Squeeze out in a dish towel again, and until dry for about 1 cup in the end.

3. Melt about $\frac{1}{2}$ the butter. Take 1 $\frac{1}{4}$ cups of ricotta and mix with the chard. Then add the melted butter, $\frac{1}{4}$ cup flour, 1 heaping tsp. salt and nutmeg. Mix together. Put in egg yolks and egg, and season with pepper, stirring again. Sprinkle flour on your cutting board, and shape mixture into 1 tbs. size balls. Then, place the balls on the floured board. You'll need about 25-30 of them.

4. Placing a tsp. of flour into a champagne flute or narrow wine glass, just drop in a ball, and swirl it around until it forms an oval shape. Just repeat this for each ball.

5. Bring salted water to boil in a pot, and drop in the malfatti. Cook until they float to the top—about 8 minutes. Put your remaining butter, and heat until bubbling in a small sauté pan. Add sage when it smells nutty, and cook 30 seconds. Then season with salt.

6. Drain your malfatti, and divide among your serving plates. You can spoon sage and butter over the malfatti, and grate some Parmesan over each portion.

**Serves 4-6 as a light main course and 6-8 as a first course.*

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