



Stromboli Stuffed with Ground Meat

Savory Italian strudel with ground meat filling



Medium



4 Servings



120 min.



This strudel originally comes from the U.S.—though it was invented by chefs of Italian descent! It’s been a staple in Italian trattorias for quite some time now. Stromboli is a strudel with a savory ground meat filling, and it tastes as wonderful as it looks. The dish was named after the classic film “Stromboli,” which is set on the Italian volcanic island near Sicily. Our Stromboli with ground meat filling is sure to please everyone—and it’s fun to make, too! The kids in the family will definitely enjoy braiding the dough.

Ingredients

For the dough:

½ cube of yeast

150 ml lukewarm water

½ teaspoon sugar

300 g flour

1 tsp salt

30 ml olive oil

A little flour for rolling out the dough

For the ragù:

250 g ground meat, mixed

4 tbsp ORO di Parma tomato paste with basil

1 ORO di Parma Sugo

Tradizionale tomato sauce, 400g Combibloc

1 onion

1 clove of garlic

2 balls of mozzarella (125g each)

Coarse-grained salt, freshly ground black pepper, 3 tbsp extra virgin olive oil

Step 1: The Preparation

To make the Stromboli dough, first dissolve the yeast and sugar in lukewarm water. Next, mix the flour with the salt, add the yeast mixture and olive oil, and knead thoroughly for about 5–6 minutes. Cover the dough and let it rise for 45 minutes—or until it has at least doubled in size.

Step 2: The Filling

Next, prepare the filling: Sauté the onions and garlic in a little olive oil in a pan, add the ground meat, and brown it on all sides. Now add the ORO di Parma tomato paste with basil and sauté briefly. Deglaze with ORO di Parma Sugo Tradizionale tomato sauce and let it simmer. Season with salt and pepper to taste. Your Italian ragù is ready.

Step 3: Stromboli

Once the dough has had enough time to rise, you can roll it out with a little flour—but don't roll it out too thin! Then spread the ragù in the center of the dough and brush the edges with olive oil. Next, top the ground meat mixture with mozzarella and cut the uncovered edge of the dough into even strips. Now lay the strips alternately—first on the left, then on the right—over the filling, and brush the resulting braided pattern with olive oil. Bake the Stromboli for 25 minutes at 200 °C until golden brown. It tastes best when it's still nice and warm. Benissimo!

Used products:



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