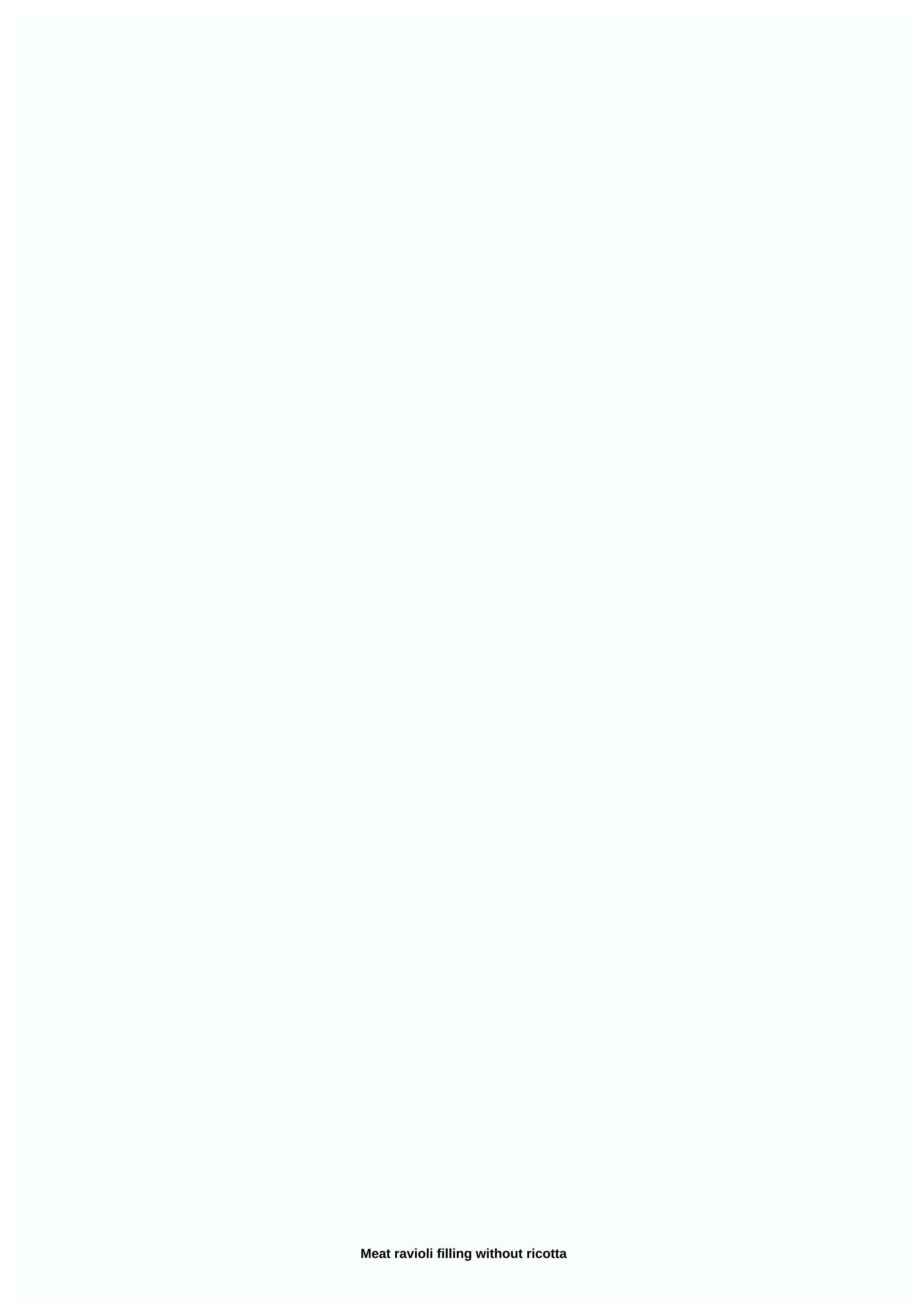
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I love Valentine's Day and not because it's a commercial holiday to give gifts and spending money. During our busy lives and schedules of work, family, friends, entertaining and all the little things that keep us on our toes, we tend to forget to make time with our partners. Sure we see them every day, we do things together but it's usually not without tv, cell phones, distractions, etc. Valentine's Day reminds us to take out that time for our darlings and that's exactly what we like to do. Steve and I don't exchange presents, just cards, and we don't spend much money going out to dinner. We've done it, but it never felt like it was worth it. There was no point in spending twice as much as we usually spend at a restaurant with a limited menu, an overcrowded dining room and time-delayed seating. I understand that some people can enjoy going out and that's great. It just hasn't worked for us. Over the past two years Steve and I decided it would be fun if we spent Valentine's Day preparing a special meal together. We want it to be something that requires two people to do and takes some time. I have to say that it has worked wonderfully and I am really proud of our achievements. Last year we made gnocchi with bolognese sauce. This year we made meat ravioli. If you're wondering why we chose meat... yes, that's because Steve doesn't really like cheese ravioli. I can't say I understand it but it's okay, I like meat ravioli too. Believe it or not, I couldn't find a recipe for meat ravioli so I just followed my instincts and I'm proud to say it really worked well for us. I used the recipe for the dough from an old cookbook that I have called Biba's Taste of Italy by Biba Caggiano. I'm really looking forward to trying ravioli again with different fillings. I'm thinking a basil pesto would be amazing! Any suggestions? Meat Ravioli Yield: Ca. 32 ravioli Pasta Dough from Biba Caggiano Ingredients: 3 cups unbleached all purpose flour 5 large egg Directions: 1. In bowl with stand blender beat eggs and salt. Attach the dough hook and add flour a little at a time, beating well after each addition. Increase the speed and knead the dough for 5-6 minutes, until smooth, soft and pliable. 2. Transfer the dough to a lightly floured wooden board of another work surface. Flour your hands lightly and knead the dough for a minute or two. If the dough seems too firm, wrap it in plastic wrap and let it rest at room temperature for 20-30 minutes, then knead the dough again for about a minute. Biba's tip: Making the dough with a machine requires a little less flour than making it by hand. Reserve 1/2 cup or so of flour called in the recipe. Once the dough has kneaded, touch it. If it is silky smooth and slightly moist, it is clear; if it is too work in the reserved flour. To roll out the dough dough paste attachment: Set the rollers into the pasta machine at its widest setting (1 - for Kitchen Aid) Cut off a piece of dough about the size of a large egg and flatter in under the palm of your hand. Keep the rest of the dough wrapped in plastic wrap. Dust off the flattened dough lightly with flour and run it once through the machine. Fold the dough in half, press it down with your fingertips, and run it through the machine again. Repeat this step four to five times, dust ing the dough lightly with flour if necessary, until the dough is smooth and no longer sticky; the dough will become firmer because the machine actually kneades the dough. Don't skimp on this step, or, as you think the pasta, it can stick to the rollers. Adjust the rollers to the next setting and run the dough through once; do not fold the dough again. Adjust the rollers to the next setting and run the rollers once; continue adjusting the rollers and roll the paste through the machine until it reaches the desired thinness. (I ran the dough through the first setting twice and then once through each setting #s 2-5, it was then thin enough but thick enough to hold the filling) If you make stuffed pasta, cut and stop the dough immediately, before rolling out another piece. For string paste or strips noodles, roll out the remaining dough and let the sheets dry before cutting them into noodles. Meat Filling by Michele 1 pound 85% lean ground beef 1 medium onion, chopped 4 cloves of garlic, chopped 1 small carrot, grated 1/2 stalk celery, diced 1/4 cup pecorino romano cheese, grated1/4 gup parmigiano reggiano cheese, grated1 teaspoon of allspice (or to taste) salt and pepper to taste extra virgin olive oil 1 egg Directions: 1. Sweat onion, garlic, carrot and celery in oil. When vegetables soften add cultivated beef, using a potato masher to break up the meat. Cook until browned and cooked through. Drain fat from beef, when beef is cool throw fat drops. Add the mixture in the food processor, pulse until smooth. Add eggs and pulse until combined. Marinara Sauce Ingredients: 2 cans of Tuttorosa crushed tomatoes (use whatever brand you like) medium onion, diced 3-5 cloves garlic, chopped fresh basil, to taste (dried or frozen can also be used) 1 teaspoon. Italian Flavor 1 teaspoon. crushed red pepper flakes (if you like more seasoning add more) salt and pepper, to taste 1 teaspoon. sugar (optional) extra virgin olive oil Directions: 1. Fry onion and garlic in oil. Add crushed tomatoes and stir. Fill about 1/3 jar with water and swish around to clean tomatoes from sides and then pour in the next can and do the same. Add to the pot. Stir and add sugar, salt and pepper. 3. Let the sauce come to a boil, stir gently. Reduce heat and let the sauce simmer for 1 hour stirring frequently. Taste and as needed. If you use fresh basil add a little more at the end just before serving. Assembly Lay the pasta on a floured surface. Place the meat mixture about 2 inches or so apart on one half of the sheet. Biba says to use 1 tablespoon of filling for ravioli but I used a little less than as you can see in the pictures. If you want to make larger ravioli use more filling. Once you start making them you will know how much to deposit. Place the unused part of the dough over half with the meat. Push out all the air from around the meat and press down lightly on the dough to seal. Cut with a round biscuit cutter or cut into squares. Make sure you save all your remnants of the dough (cut them into strips - don't worry if they're not uniform in size). Nanny always used strips of dough in soup or served with sauce for lunch that day. Just boil it in salted boiling water for about 3 minutes or until soft. To freeze: Sprinkle a baking sheet lightly with cornflour. Place the ravioli on the baking sheet in a single layer. Place in the freezer for about an hour or until frozen through. Place in large freezer bags and lay flat. The purpose of freezing them flat first is so you don't end up with all your ravioli stuck together. Now you can take out as many as you want at a time. To cook: Bring a large pan of salted water to a boil. Gently add the ravioli (if they were frozen you don't need to thaw) to the pot and stir. When ravioli float to the top they are ready. Serve with your favorite sauce. Click here for a printable version of Homemade Meat Ravioli. Jumping to Recipe Print Recipes Making homemade Italian ravioli with meat and cheese filling may seem like a difficult task due to several steps, but the steps are not difficult and the process can be a lot of fun. When we make the little meat and cheese stuffed pillows, we plan on making a double and even a triple kit. This is Italian food at its best. Do extra for freezing They freeze beautifully and it's wonderful to have these delicious bites of pasta on hand when we're too busy to make something special for dinner, or even if the unexpected company comes. All it takes is to take some out of the freezer, put them in boiling salted water for a little, and then cover them with a delicious sauce. All you need for a round delicious meal is a singade salad with Italian dressing and some homemade crispy Ciabatta bread. This is all it takes to complete the perfect Italian ravioli meal. Ravioli with meat and cheese Filling Italian Ravioli How to make Italian Ravioli Italian ravioli is a two recipe process the filling and pasta With steps that combine the two to make the finished pasta pads. Our first step is to collect the ingredients and prepare to make the filling. Ravioli Meat & amp; Cheese Filling is boiled and Put in food processor to make a nice texture. We cook the meat and when it is chilled, we put the filling in the food processor. The pulse processor several times until the consistency of the filling goes back into the bowl and then off to the fridge to firm up. The filling is so much easier to work with when it is cold. The second step is to make pasta for the Italian ravioli in our food processor. We use our processor a lot! It makes doing a lot of small jobs much faster. The dough zipped into the processor we let it rest covered on the counter. Our Ravioli Equipment — Our Stand Mixer with Pasta Roller Attachment and Ravioli Maker When the pasta ends dormant on the counter, the filling cooled. The pasta is now ready through the roll. Both the pasta roll attachment and ravioli maker are gifts from our children — do you think they were implying?
The dough passes through roller quite a few times are gifts from our children. before it is ready to press in Ravioli Maker In the third stage we pass the dough through the widest setting 4 times, folding the dough becomes very pliable and durable as we continue to pass the dough through the thinner settings. We'll continue until we reach the number 6 setting. Ravioli is filled with meat and cheese filling then covered with a sheet of pasta putting Ravioli together We use about a teaspoon of filling for each small pocket. The Ravioli shape is so easy to use, it makes ravioli production extremely simple. You need to be careful not to overfill, you want the edges to seal. If there is too much filling, ravioli can pop open when you put them in simmering water. We lightly mist the bottom paste layer of pasta. This assures that the paste will seal. Run the Rolling Pin Over the dough Starts from the center out to seal the edges When we are ready to seal the dough we start pressing the rolling pin from the middle to one end and then start from the center and go to the other end. The dough stretches, in this way the dough stretches evenly. We go over the top several times to make sure the edges are sealed. The extra dough pieces that we cut off the edges we reuse by running them through the paste roll. The dough is very forgiving and easy to work with. Italian Ravioli on Parchment Lined plate Ready to freeze the fourth step is to transfer rich meat and cheese filled pasta into a parchment lined baking sheet. As soon as we fill a baking sheet, we put it in the freezer and start on another sheet. When the ravioli freeze, we seal them in freezer containers. Preparing Italian Ravioli Finally, we are on the best part — cooking them. We fill a pot with water, let the water come a boil, salt the water, then gently slide the Italian ravioli into the water. Keeping the water on a gentle simmer, ravioli will be less likely to break up. We let the ravioli are frozen, cook a minute more. We use our spider to fish them out of the water and then we add what the sauce sounds good. These small pockets of taste are so tasty and versatile. You can dress them up with any sauce, even an Alfredo if you like. We have also deep-fried ravioli and had them as an appetizer. Believe me, they're so good, I bet you can't stop at one! Tutti en tavola è pronto! Un caro saluto e all prossima YOU MAY NEED . . . The following are affiliate links. As an Amazon Associate I earn from qualified purchases. What's the latest? check out my All Our Way Store on Amazon. We will add more items we love and use or wish we had to make cooking fun and easy. Homemade Italian Ravioli With Meat Cheese Filling Homemade pasta filled with a spicy meat and cheese filling is exactly what you'll find at local village restaurants in Italy. You can bring the pasta pockets yourself. They are easy to make and delicious to eat. You'll never buy ready-made again. If you like this recipe, please consider giving it a 5 star rating. 2 eggs beaten 2 Tbs parsley chopped 12 oz beef chuck ground 12 oz pork sausage country style 16 oz ricotta cheese 1 cup parmesan cheese grated 1 Tbs olive oil extra virgin 1 teaspoon kosher salt 1 cup spinach leaves baby spinach chopped 14 oz. all-purpose flour 3 1/8 cups4 eggs large1 Tbs olive oil extra virgin1 tsp Kosher salt the meat in olive oil until well browned. Drain the meat on kitchen paperWhen the meat on to taste. Put the filling in the food processor bowl and pulse several times until the mixture is good. Put the filling is easier to work with when it is in the refrigerator.) The filling gives you enough for a double batch - making about 90 - 100+ ravioli. The filling can be frozen. Use the metal blade pulse the flour and salt together. Lightly stir the eggs and olive oil into a measuring cup. With the processor running, add the egg/oil mixture at once through the feed tube until a ball is then pulsed several times. The dough should be slightly sticky to the touch and should spring back when you press it. Shape the dough into a smooth ball and place on a dough board or table top and cover with a bowl for 30 minutes, you can make the dough your preferred shape. This is a single batch - you need to double the dough to use up all the filling. Sift flour and salt in a mixing bowl. Gradually add egg and oil to flour, mix with a When the mixture becomes lumpy, start squeezing and kneading with your hands. If the mixture seems too dry and grainy, add one tablespoon of water at a time until the mixture holds together into one ball. Remove the dough from the bowl and start kneading the dough for 2 minutes on a lightly floured dough board or table top. Cover the dough with a bowl and let the dough rest will improve the texture of the dough. Bring to a boil a large pan of water. Salt the water. You want your water as salty as the sea. Add ravioli in batches. About 10- 12 at a time. Don't overcrowd. Take the water back to a gentle simmer and cook for about 3-4 minutes. If the ravioli is frozen, cook for another minute. Remove with a slotted spoon or spindle to a serving dish. Keep cooking the rest of the ravioli. Serve with your favorite sauce or just with extra virgin olive oil, butter, sea salt and freshly ground black pepper. Sprinkle with fresh herbs. To use up all the meat and cheese ravioli filling, you will need a double batch of pasta dough. If you do not want to do everything at once, you can freeze the filling to use at a later down. Calories: 327kcal | Carbohydrates: 21g | Protein: 18g | Fat: 18g | Saturated fat: 7g | Cholesterol: 117mg | Sodium: 632mg | Potassium: 235mg | Vitamin C: 1.4mg | Calcium: 164mg | Iron: 2.5mg We will never share your email or send spam. Promise Note: Recipes and content from All

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