

RECIPE 4

Mini autumn tortillas with Wagyu meat

Ingredients for 2 people

Wagyu meat (ribs)	220g
Sicilian broccoli	250g
Pumpkin	250g
Red Tropea onion	1
Soy sauce	to taste
Apple vinegar	to taste
Manitoba flour	180g
Corn flour	50g
Polenta taragna flour	2 tablespoons
Salt	to taste
Water	130ml
Corn oil	25g
Mayonnaise	to taste
Dried dill	to taste
Black pepper	to taste
Olive oil	to taste
Sprig of rosemary	1
Sage leaves	3



IDEAS FOR HAPPY HOUR

Method

- 1 Prepare the pumpkin by removing the peel and seeds. Cut it into pieces which are 5mm thick and 2cm long. Cover a baking tray with baking paper. Season the pumpkin with olive oil, dill, salt and black pepper. Bake at 180 degrees for 30 minutes.
- 2 Rinse the broccoli, cut off the florets and blanch them in plenty of salted water for 5 minutes. Then drain the florets, let them cool and season with olive oil, salt and black pepper.
- 3 Peel the onion, cut it into thin wedges and blanch in water with a teaspoon of apple vinegar for 3 minutes. Drain and season with salt and olive oil.
- 4 Add the flour and mix well. Wet your hands with water and start to knead. Add the oil and salt and continue to knead until you get a smooth dough. If the dough is too sticky, add more flour.
- 5 Divide the dough into 8/10 small balls and cover with a cloth. Taking a ball of dough, place it between two sheets of parchment paper, flatten it first using the palm of your hands and then with a rolling pin.
- 6 Heat a non-stick pan and cook the tortilla for about a minute on both sides.
- 7 Repeat the same process until you have used up the dough.
- 8 Cut the Wagyu meat into thin pieces. Cook in a non-stick frying pan over a high heat for one/two minutes with rosemary and sage, sprinkling with a tablespoon of soy sauce.
- 9 Assemble the mini tortillas, filling them with a teaspoon of mayonnaise, broccoli, pumpkin, onions and meat.



Creator's Notes

ROBERTA CASTRICHELLA

Roberta Castrichella, for everything 'Robysushi'. She doesn't just talk about sushi, she loves to eat it too! She's Roman, an engineer, a food blogger, food addict and passionate about photography. Food and cooking are her passion, dedication, creativity and, above all, her love. Her recipes are instinctive, original and affordable for everyone; perfect for those who are looking for new and unusual flavours but don't want to spend hours in kitchen, because in the end, the true essence of things lies in simplicity.

