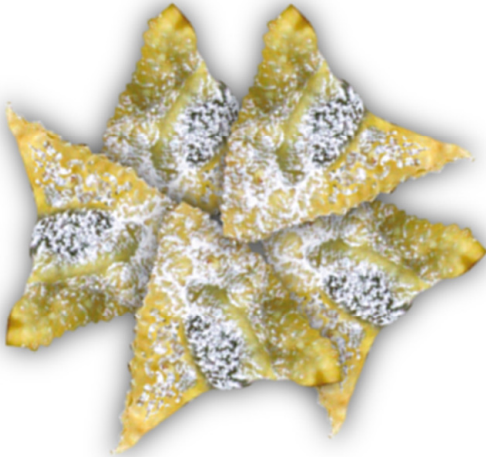


# “RUFIOI”



In my area there are many desserts that are prepared on the occasion of the Carnival: favette, chiacchiere, frittelle and ... **ruffioi**.

While the first three are quite widespread throughout Italy and abroad, the RUFFIOI are typical of the tradition of Verona and its province. Even the name does not have a translation in Italian, it exists only in

the Venetian dialect: **R U F I O I**.

They have a triangular shape and inside they are filled with a filling that changes according to the tradition of the different villages in which they are prepared.

There is no single recipe, but everyone can make all the changes he wants.

First you need to prepare a mixture for the filling: amaretto or crumbled dried biscuits, sugar, two eggs, almonds or pine nuts, raisins and a little liqueur (rum or grappa). Very often cocoa or jam are added and, in modern times, also Nutella.

For the pasta you need flour, eggs, two or three tablespoons of sugar, a little melted butter: mix well and then spread the dough on the work surface until you get a fairly thin sheet.

Cut the dough into strips about 5-8 cm wide and then cut to form many squares.

Inside each of them, place a little stuffing in the middle (about the size of a walnut, about a spoon) and close the dough giving the shape of a triangle.

Then they are fried in plenty of seed oil or lard.

When they are ready and well browned, they can be sprinkled with icing sugar and ... eat!

