

How to Make Sicilian Cannoli

Cannoli Shells

3 tablespoons all- vegetable shortening
2 cups flour
4 tablespoons granulated sugar
1/4 teaspoon salt
1/2 teaspoon cinnamon
3/4 cup any cooking wine (or water)
1 egg, slightly beaten
Vegetable oil, for frying
Cannoli molds (tubes for shaping shells during frying)
Shortening Lid or Cardboard Oval Template



Cannoli Filling

2 cups ricotta cheese - well drained
1 teaspoon vanilla
1 cup powdered sugar
1/2 cup mini-chocolate chips (or chopped chocolate)

Directions

1. Cut shortening into flour until mixture resembles coarse crumbs. Add in sugar, salt and cinnamon. Gradually add wine or water. Add egg. Mix until pastry holds together (a few extra drops of wine or water may be needed).
2. Form into a ball. Divide dough into quarters. On lightly floured surface roll out dough as thin as possible (about the thickness of a dime.)
3. Place cardboard oval on dough and cut shape with a sharp knife. Or cut out with shortening lid.
4. Loosely wrap each oval piece around the metal tube. Seal the edges where they meet with a dab of water.
5. Deep fry in 2 inches of oil at 400 degrees. Remove when golden brown (approx 1-2 minutes). Watch carefully as they cook very fast. Drain on paper towels.
6. Let cannoli cool briefly before removing forms. Cool completely before filling.
7. Mix together ricotta cheese, vanilla, powdered sugar, and chocolate chips until blended. Refrigerate until it is time to fill shells. It is best to fill right before serving.
8. Fill each shell and sprinkle with powdered sugar.
9. Cannoli shells can be stored frozen or in a cool spot in a large tin with paper towels for up to 2 months.
10. Once filled keep them in the refrigerator covered for a day or two.