

Panzerotti Cipolla E Tonno



aroma
KITCHEN

INGREDIENTS

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|-------------------------------|-------------------------------|
| 500g flour | 50g grated parmesan cheese |
| 12g yeast | 1 tbs. finely chopped parsley |
| 20g salt | 1 tbs. chopped fresh mint |
| 10g sugar | 1 tbs. chopped olives |
| 2 tbs. extra virgin olive oil | 1 tbs. chopped capers |
| 300ml warm water | |
| 2 large onions | |
| 2 cans Blue Angel Tuna | |



METHOD

- 1** Knead a soft pliable dough with the flour, yeast, sugar, salt, olive oil and water. Cover with cling film and allow resting for 1 hour.
- 2** Meanwhile, peel and thinly slice the onion, cook in olive oil on very low heat until the onion is wilted and translucent. Allow cooling.
- 3** Drain off the tuna and mix with the onion, add in the grated parmesan, parsley, mint, olives and capers.
- 4** Divide the dough into 12 balls. Roll into flat discs. Place a spoon full of filling in each one. Brush the edges with some water and turn over to close the filling in the pockets.
- 5** Deep fry the pockets till into golden crisp panzerotti.