

Seasonality on the table: let's
discover the hazelnuts!

NUTRI-lipidomics

Molecular nutrition and healthy diet



Hazelnuts and autumn

As autumn approaches, hazelnuts are ready for harvesting; their versatility, the possibilities of use as whole or reduced in grains and flour, allows their use in different preparations.

Quince and hazelnut bundle

The bundles proposed marry the unmistakable taste of hazelnuts with the slightly sour and tannic flavor of the quince, which is also a seasonal fruit, sometimes forgotten, but especially usable cooked. Hazelnuts have a double value in this recipe, on the one hand they give the casing the typical taste and the typical sweetness never cloying and on the other hand they give a crunchy filling.

Recipe

Ingredients (2 bundles)

For the dough:

- 50 g of whole wheat flour
- 25 g of hazelnut flour
- Water as required
- 4 g of powdered brewer's yeast

To garnish:

- 1 teaspoon of coconut flower sugar (about 10 g)

For the stuffing:

- 1 quince (about 300 g peeled)
- 20 g of raisins
- 25 g of hazelnuts
- A pinch of cinnamon (1 g)



Procedure

Preparation of the dough: on a pastry board combine the two flours and the yeast and mix well. Add the water little by little until you get a soft but workable, elastic consistency product. Set aside the dough in a covered bowl for about 1 hour.

When 40 minutes have passed from the preparation of the dough, proceed with the preparation of the filling: reduce the hazelnuts into grains and the raisins into small pieces. Put everything in a bowl and add the cinnamon, then mix well. At this point, peel the quince

and deprive it of the core, grate it and add it to the rest. Mix well.

Resume the mixture and divide it into two equal parts. Roll them out with a rolling pin until you get two discs 2-3 mm thick. Divide the . lling into two parts and place it in the center of the dough disks. Collect the edges to form the bundles.

Garnish with coconut sugar and place in a preheated static oven at 160 ° for about 30-35 minutes. When the surface is golden, the bundles will be ready.

TIP: These dumplings can be prepared the night before and enjoyed at breakfast.

Nutritional values per recipe and per portion:

	Kcal	Proteins g	Carbs g	Sugar g	Fats g	Saturated g	Mono- insaturated g	Polin- saturated g	Fibres g
Whole wheat flour	170	6,60	36	0,20	1,25	0,20	0,14	0,6	5,4
Hazelnut flour	158,2	4,25	4,5	1	15,18	1,16	11,41	1,98	2,42
Powdered brewer's yeast	13	1,61	1,64	0,3	0,30	0,04	0,17		1,1
Quince	171	1,2	45,9		0,3	0,03	0,108	0,15	5,7
Raisins	60,4	0,63	15,90	11,83	0,092	0,030	0,003	0,027	0,8
Hazelnuts	158,2	4,25	4,5	1	15,18	1,16	11,41	1,98	2,42
Cinnamon	2,47	0,04	0,80	0,002	0,0012	0,0034	0,0024	0,0007	0,53
Coconut flower sugar	3,87	0,001	0,97	0,83					
Total for recipe	737	18,58	110,21	14,86	32,3	2,62	23,23	4,73	18,37
Totale for portion	368	9,29	55,10	7,43	16,1	1,31	11,61	2,36	9,18

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The diet advises, written in the article, are not intended to be a substitute for a personal nutrition plan and should be adapted to specific cases.

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