

Gluten free Cannoli with ricotta and cocoa shortcrust pastry



- DIFFICULTY: Average
- PREPARATION TIME: 3H
- COOKING TIME: 20 Min
- PORTIONS: 8 Cannoli

Introduction:

Cannoli are a typical dessert of the Sicilian tradition.

They are **fried waffles** stuffed with sheep's milk ricotta, chocolate chips and candied fruit.

Between stories and legends, it is said that it is a typical **Carnival** dessert, even if it is now eaten at any time of the year.

I love Sicilian desserts and as a lover of **ricotta**, I couldn't help but make my **Gluten free Cannoli with ricotta and cocoa shortcrust pastry**.

My version will be similar to the original but only **lighter**.

The shortcrust pastry base was made with the scented peel of mandarin , with **natural gluten-free flours** and also **butter free**, suitable for **lactose intolerant** and for those like me, who love to eat with taste **without too many sacrifices**.

I recommend that you use a ricotta that is of excellent quality. It is fine both sheep, cow or even goat, it all depends on your tastes.

Ready to experience a new version of **Gluten free Cannoli with ricotta**?

[Ingredients:](#)

[What you need:](#)

[Where to buy the products:](#)

Ingredients:

Wafer:

150 g of Oat Flour GF.

100 g of Rice Flour

20 g of Almond Flour

10 g of unsweetened cocoa powder

15 g Acacia Honey

30 g of Coconut Oil

100 g of zero fat Greek yogurt

1 Mandarin peel

Q.b. Vanilla flavor

1 pc of Himalaya salt

1 Egg + 1 Yolk

$\frac{1}{2}$ teaspoon of Baking soda

For the filling:

750 g of lactose-free Ricotta

2 Mandarin peel

Q.b. Vanilla flavor

2 sp. of Acacia Honey

For inside frosting:

80 g Dark chocolate 85%

What you need:

Cake ring 10 cm

Baking paper

[Cannoli tube mold \(click here\)](#)

Kitchen brush

Grid for biscuits

Sac à poche

Baking pan

Mandarins

Chopped pistachio

Coconut oil

Where to buy the products:

The products I use can be found in Organic Supermarkets

Ekoplaza

The molds I used can be found on

Amazon

Method:

In a bowl, the sifted flours, cocoa, salt and mix.

Add the yogurt, grated mandarin peel, vanilla and honey, continue mixing with a wooden spoon. Pour in the eggs, baking soda and finally the coconut oil, previously melted in the microwave. Continue to work the dough quickly with your hands, obtaining a smooth and homogeneous dough. Wrap the shortcrust pastry in cling film and let it rest for 50/60 minutes in the refrigerator.

Preheat the oven 180 degrees.

After the resting time, take the pastry and work it with a rolling pin on the floured work surface (to prevent the pastry from sticking to the surface and the rolling pin), to obtain a thin sheet.

With the help of a 10 cm dough bowl, make many discs, with each disc, wrap the cannoli mold, taking care to join the two ends well. (grease the molds with a little coconut oil, to avoid sticking).

On a baking sheet covered with parchment paper, arrange the cannoli, cook them for 15/20 minutes at 180 degrees.

After the cooking time, take them out of the oven and let them cool on a rack. Melt the chocolate in a bain-marie, as soon as the cannoli have cooled, with the help of a pastry brush, cover the inside with the chocolate glaze. Transfer them to the refrigerator for about 30 minutes.

Meanwhile, prepare the ricotta, in a bowl add the ricotta, honey, grated tangerine peels and vanilla. Mix the ingredients well and transfer them to a pastry bag.

After 30 minutes, fill the cannoli with the ricotta cream, serve with a sprinkling of icing sugar and chopped pistachios.