

Dr Joanna McMillan's Trout and Ricotta Carrot Ravioli

Appliance: Philips Pasta Noodle Maker

Serves: 3-4

Prep time: 30 mins

Cook time: 10 mins

Ingredients (Ravioli):

- 1 egg
- 95g carrot juice
- 250g "00" Flour (pasta flour)

Ingredients (Filling):

- Grated rind of one lemon
- 1 Teaspoon dried dill
- 100g Smoked trout, diced
- 160g Ricotta

Ingredients (Jus):

- Handful of parsley
- 1 Teaspoon maple syrup
- Zest and juice of a lemon
- 3 Tablespoons extra virgin olive oil

Method:

1. Weigh the flour into the pasta machine using the integrated weighing function.
2. Whisk the egg together with the carrot juice in the measuring jug. Press the start button and slowly pour the carrot and egg mixture through the lid.
3. Once the pasta is emerging, cut off at the size you want to make your ravioli squares. Flatten out slightly and lay on the bench.
4. In a bowl, combine the ingredients for the filling.
5. Lay out ravioli sheets in pairs on the bench. Place a spoonful of filling onto one half of each pair. Dampen the edges by brushing them with a little bit of water. Lay over the other sheet. Pick up with your hands and gently press the edges together. Trim the ravioli with a sharp knife and lay on a plate lined with baking paper.
6. Repeat with the remaining ravioli. Place in the fridge until ready to cook. They can also be frozen at this stage for use at a later date.
7. Once ready to cook, bring a large saucepan of water up to boil on the stovetop. Add the ravioli without crowding the pan (you may have to cook in batches depending on the size of your pan and how many raviolis you want to cook).
8. Cook for 5 minutes and then remove from the pan with a slotted spoon, draining any water.
9. Meanwhile place a small saucepan over a moderate heat and add the oil, maple syrup, lemon juice and zest. Bring to a simmer and reduce slightly. Add the parsley and puree.
10. Serve the ravioli drizzled with the lemony jus.