Cappelletti (little hats)

Elizabeth Martini

Ingredients

Filling (serving size: 4-6 dozen)

½ lb. veal
½ lb. plain sausage
½ lb. pork
½ lb. chicken
½ to ¾ cup fresh Parmesan cheese
1 egg
Salt & pepper

Cappelletti filling is a mix of meats. There are various recipes. Not everybody uses all four meats, and not everybody makes as much as this recipe. If you make too much, you can freeze it until you want to make more.
Cook the meat in a frying pan until done. I cook the sausage separately from the other meat in case I need to drain the grease. You should not have a lot of Greece in the Cappelletti meat. Let the meat cook, then place it in a food processor in batches and blend it into a meat paste. Remove it, put it in a bowl, and refrigerate until the dough is ready.

Dough

4 cups of flour
4 eggs
1 tsp olive oil
Salt
½ to ¾ cup of warm water (amount can vary depending on the size of the eggs used—start slow and add water as needed).
Put flour into a bowl and make a well. Add all ingredients into the well except water. Mix and add the water slowly, kneading until the dough is smooth and pliable. Once fully kneaded, cover with a warm, wet towel to keep moist.

Broth

Chicken: Use bone-in, skin-on chicken, such as a whole chicken or bony parts like legs, wings, and backs
Water to cover the chicken in the pot
Onions – chopped
Carrots - chopped
Celery – pieces
Cinnamon – ½ tsp
Salt & pepper
Optional – bay leaves, garlic, Italian herbs like parsley and thyme

Boil chicken and scoop off the fat that rises to the top. (10 to 15 min). Turn the heat to medium-low and add the remaining ingredients. Cook for 1 hour, then simmer on low for two more hours, or until carrots and potatoes are tender. Tip: When making the broth, if you are adding potatoes and carrots and they are soft, you may want to cook your cappelletti in boiling water instead of the broth so the carrots and potatoes do not get too soft during cooking. Or you can time it so the carrots and potatoes are still firm,

and when you cook the cappelletti, they will become softer. I find it easier to cook the cappelletti in a separate pot of boiling water, then add them to the broth.

Assembling the Cappelletti

Please see my YouTube channel and the video titled “Courtney and Jodi Make Cappelletti” for a visual on how to actually assemble the Cappelletti. You will need to roll the dough by hand with a rolling pin or use a pasta-rolling machine. My grandmother would use a circular pasta cutter to make circles in the rolled sheet of pasta. I use a pizza cutter to trim the edges and make a long rectangle, then cut it in half, and then cut roughly 2 X 2 inch squares. (slightly larger than 2 inches) This way seems to make more at a faster pace. I then place ½ a tsp of meat filling in the center of each square. Take a square in your hands and fold it in half or fold it into a triangle. Seal the edges very well. Then pull the corners together to make a hat shape. There are a few ways to make the little hats, and remember, there is no right or wrong way. It is all about your artistic talent, and the little hat that you create reflects your authenticity and creativity. However, Cappelletti should be small and the dough very thin, or they become too much like dumplings. After you make the little hats, place them on a cookie sheet lined with parchment paper to freeze or cook in broth. Serve with fresh Parmesan or Romano cheese.

This recipe was difficult to explain, and I recommend watching my YouTube video titled “Courtney and Jodi Make Cappelletti” for a visual to assist you in understanding the process.