

THE LOADED



LADLE TV



INGREDIENTS

Ravioli

- 2 c flour
- 1 tsp salt
- 1 tbsp olive oil
- 3/4 c cold water
- Extra flour to dust surfaces

Filling

- 2 medium sweet potatoes
- 1 tsp salt
- 2 cloves garlic

Sauce

- 1-2 tbsp olive oil
- 3 cloves garlic
- 1/4 c tahini
- 1/2 c water
- 1/2 lemon (juice)
- Salt and pepper
- Scallions
- Parsley

Vegan sweet potato ravioli



You will need...

Rolling pin (I use an old wine bottle)

Blender or hand mixer (or sheer strength)

Serves 2

DIRECTIONS



1. In a large bowl, mix 2 cups flour (reserve 2-3 tablespoons) and 1 tsp of salt. Create a well in centre of the dry mixture. Into the well, Add 1 tbsp olive oil and 3/4 cup cold water. Work the dry mixture into the wet little by little with your hands or with a fork. After a ball of dough starts to form, dump it onto a clean, flat surface dusted with flour. Knead for about 5 minutes. If dough is too wet, add flour and knead. If dough is too dry, add water and knead. Take your time! Put on some music. Separate the dough into two balls, one a finger or two wider than the other. Wrap the dough in plastic wrap and place in fridge for 30 minutes.
2. Pierce sweet potatoes with a fork 3-4 times. Set on a microwave safe plate and zap for 5 minutes, turning half-way through. If sweet potatoes are not tender all the way through, microwave for 30 second increments until desired doneness. Peel the potatoes, mash them until they have a soft consistency. Season them as you like! For a simple but effective flavour, add a few pinches of salt to taste. Mince 2 cloves of garlic and add it to the potato mixture. Set aside.
3. Heat 1-2 tbsp of olive oil or some vegetable broth in a small pan. Mince 3 cloves of garlic. Fry the garlic on low-medium heat until it changes colour for a few minutes. If you have a blender or hand mixer (to use with a large bowl), add in garlic and liquid from the pan, 1/4 cup tahini, 1/2 cup water, juice of 1/2 a lemon, season with salt and pepper to taste. If your tahini is already quite liquid, start with 1/4 cup water.

4. Mix or blend. If you don't have a blender or a hand mixer, put those biceps to work! Mix until smooth.
5. Dust a clean, flat surface with flour. Roll out the smaller of the dough balls in all directions. This will be the bottom of your ravioli. Flour the dough and rolling pin as needed to avoid sticking. Roll out until you have a thin (not paper thin, it must hold together) circle. You should be able to see the shadow of your hand from under the rolled-out dough.
6. Spoon approximately 1 tbsp of your ravioli mixture evenly spaced across your bottom ravioli sheet, in a grid pattern (not randomly—that will make your life hard!). It will probably accommodate 15-20. Make sure there is enough space between the dollops to eventually press the top and bottom dough pieces together.
7. Flouring another clean surface and your roller to avoid sticking, roll out your slightly larger dough ball into the same shape as your bottom ravioli dough. VERY lightly brush with water (not to make it wet, but to help make it sticky). Place this dough sheet, wet side down, on top of the the scooped ravioli filling. Let the dough sink down around the ravioli fillings.
8. You can start boiling a large pot of water. You can lightly salt the pot to give the pasta flavour (remember, there is already salt in the filling).
9. Gently but firmly press around each ravioli filling scoop, making sure the two dough halves are almost stuck together. Slice around each ravioli filling piece, making sure to reserve edges around the filling. Once you can separate out each piece of ravioli, seal the edges with a fork. Set the ravioli on parchment paper or another surface they won't stick to.
10. When your pot has reached boiling point, gently add ravioli in small batches and boil for approximately 1 minute. Use a slotted spoon or a slotted spatulate to transfer the ravioli in and out of the water. Once it has had a chance to cool, you can taste the pasta to see if you would like to boil the ravioli pieces less or more—enjoy to your preference! Keep the cooked ravioli separated.
11. Plate the ravioli, scoop on some sauce, add chopped parsley and scallions on top, and serve immediately!