



Bensone Ripieno

Bensone is a specialty of Modena. Because of the way it's folded, it's important to cook it long enough that the dough in the very centre is cooked through, so opt for a longer rather than shorter cooking time, until it has a dark golden colour. The only way to be certain is to cut it open and take a look then, if need be, pop it back into the oven for a further 5 minutes or so. If it's already very dark, cover it with foil for this extra cooking time. Bensone keeps well in an air-tight container in a cool place for up to 5 days.

Serves 6–8



INGREDIENTS

- 250g plain flour, plus extra for dusting
- ½ teaspoon baking powder
- 75g cold butter, diced
- 75g castor sugar, plus extra for sprinkling
- 1 lemon
- 1 egg, lightly beaten
- 1½ tablespoons milk, plus extra for brushing
- 150g jam (I used fig)

METHOD

1. Preheat oven to 175°C.
2. Place flour and baking powder in a bowl.
3. Add butter and rub in until it resembles fine breadcrumbs.
4. Add sugar and grate half the lemon zest into the bowl (reserving the rest of the lemon for another purpose).
5. Add egg and milk and use a firm spatula to mix it into a rough dough.
6. Turn onto a lightly floured work surface and knead just until smooth.
7. Roll into a ball, wrap in plastic wrap and set aside for 30 minutes.
8. On a lightly floured work surface, roll it into a rectangle about 30cm x 20cm.
9. Spread jam over the surface leaving a 2cm border all around.
10. Working from the short side, fold one third of the pastry over the filling, then fold the other third over that to form a flat loaf.
11. Transfer to a baking paper-lined baking tray.
12. Press the ends gently to seal and pat the sides in to round it slightly.
13. Brush with milk and sprinkle with sugar.
14. Bake for 30–40 minutes, until very well-coloured.
15. Transfer to a wire rack to cool, then slice and serve.