

Molecular Foam Stuffed Shells

Oozing with thick and creamy ricotta cheese, these Molecular Foam Stuffed Shells are a creative and satisfying main course.



Main Dish

Molecular gastronomy

25 min

Total time

Easy

Difficulty

270

kcal / serving

Ingredients

- 4 jumbo shells
- 2 tablespoons extra virgin olive oil
- 2 cloves of garlic, minced
- 1/4 cup ricotta cheese
- 1/4 teaspoon of ground black pepper
- 1/4 teaspoon of sea salt
- 2 tablespoons of Parmesan
- 2 tablespoons of gelatin powder
- 2/3 cup of water

Steps

- 1 Pre-heat the oven to 350°F.
- 2 Bring a pot of salted water to a boil, add the jumbo shells and cook until al dente, about 8 minutes. Drain and set aside.
- 3 Heat the olive oil in a skillet over medium heat. Add the garlic and cook until lightly golden, about 1 minute.
- 4 Add the ricotta, pepper and salt to the skillet and blend together until creamy.
- 5 Put the Parmesan, gelatin powder and water in a separate bowl and mix until the powders dissolve.
- 6 Add this mixture to the skillet and stir until everything is combined.
- 7 Fill the shells with the ricotta mixture and place on a baking dish.
- 8 Bake in the oven for about 15 minutes, until the cheese is golden.
- 9 Remove from the oven and place on a plate. Enjoy!