

Almond Biscotti

Le ricette di cucina di Mary Emma

Courtesy of Sheila Rappazzo Yorkin of Salt Lake City, Utah



Ingredienti

7 oz (1 1/3 cups) whole almonds, skin on
11 oz (2 3/4 cups) unbleached all-purpose flour
1 2/3 cups sugar
1/2 teaspoon salt
1 teaspoon baking powder
1 teaspoon aniseed
Grated zest of 1 lemon, 1 lime and 1 orange
3 large eggs plus 3 egg yolks
1 teaspoon vanilla extract

Come Fare

Heat the oven to 350 degrees F and toast the almonds on a baking sheet for 10 to 15 minutes until they emit a nutty aroma but haven't turned dark brown inside.

Let cool.

Put the flour, sugar, salt, baking powder, aniseed and grated zests into the bowl of an electric mixer fitted with a paddle and combine on medium-low speed. In a separate bowl, lightly beat together the eggs, egg yolks and vanilla extract with a whisk. With the mixer running, pour the egg mixture into the mixing bowl.

When the egg mixture is almost completely incorporated, reduce the speed to low, add the almonds and mix just until the dough comes together. Do not over mix.

Dump the dough onto a lightly floured work surface, and knead in by hand any remaining dry ingredients from the bottom of the bowl. Divide the dough into three equal parts. With floured hands, roll each part into a log about 10 inches long and 2 inches in diameter. Place the logs 4 inches apart on greased or parchment-lined baking sheets. I use a parchment paper which has a light silicone coating - I think it works the best.

Bake the logs at 350 degrees for about 45 minutes, until they are light brown but still soft. Remove the baking sheet from the oven and reduce the temperature to 300 degrees. Let the logs cool on the baking sheet for at least 10 minutes before slicing. Cut the logs on a slight diagonal into 3/4 inch thick biscotti.

Place the biscotti flat on the baking sheet and dry them in the oven for 10 to 15 minutes, until the biscotti offer resistance when pressed, but the cut side hasn't begun to darken. Transfer the biscotti to a rack to cool. Store them at room temperature in airtight containers, or wrap them well and put them in the freezer.

Buon Appetito!

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