

Let us bring Tuscan treats to you

- 3 Sweet Recipes -



Maria's Flourless Chocolate Cake

SERVES 6/8 - COOK IN 60 MINUTES



Ingredients

- 10 egg whites
- 200g sugar, white or brown
- 200g dark chocolate, broken into pieces
- 180g hazelnuts
- Salt

Preparation

1

Preheat the oven to 180 degrees Celsius (°C). Grease a high sided 10-inch round baking pan, and line with parchment paper.

2

Beat egg whites with a pinch of salt until stiff peaks form. Using a food processor, grind the sugar, dark chocolate, and hazelnuts together until coarsely chopped. Place the mix into a bowl, fold in the stiff egg whites and then transfer into the prepared baking pan. There is no need to melt the chocolate beforehand, as it will melt as it bakes.

3

Bake the cake for 35 minutes, inserting a toothpick into the middle to check the cake for doneness. As we want the cake to remain moist, the toothpick should come out clean with only a few moist crumbs attached. Leave the cake to cool down for around 10 minutes before removing from the baking pan. Serve warm or cool. Buon Appetito!

Cantucci (Italian Almond Biscotti)

MAKES AROUND 48 BISCUITS - COOK IN 60 MINUTES



Ingredients

- 210g almonds, whole
- 500g all-purpose flour
- 300g sugar, white or brown
- 3 whole eggs plus 2 egg yolks
- 1 teaspoon baking powder
- Salt

Preparation

1

Preheat the oven to 180 degrees Celsius (°C) and line the bottom of a baking pan with parchment paper. Toast the almonds in a non-stick frying pan for around 10 minutes, remove from heat and leave to cool.

2

Place the flour in a large bowl, create a well in the centre, add the sugar, two whole eggs, 2 egg yolks, baking powder and a pinch of salt. Gradually draw the flour from inside the walls of the well and combine the flour with the other ingredients, adding the almonds halfway through. You can begin with a wooden spoon, but once the dough thickens, it is best to use your hands to work the dough.

Knead the dough until all the ingredients are mixed, dusting your hands now and then so the mixture doesn't stick. Shape the dough into two logs (around 2 inches wide and ½ inch high) and place them separated on the baking pan.

3

Brush the logs with the remaining egg, place in the oven and bake for 30 minutes until golden brown, but still soft. Move the logs onto a cutting board and while hot, cut diagonally into thick slices (½ inch thick). Leave the cantucci to harden as they cool on the rack or if you prefer your biscotti harder, place them in the oven for another 10 minutes.

These hard, dry biscotti make a wonderful dessert, dipped into Vinsanto or your choice of dessert wine. Buon Appetito!

Torta della Nonna (Italian Custard Pie)

SERVES 12/14 SLICES - COOK IN 2 HOURS WITH CHILLING TIME



Ingredients

SHORTCRUST PASTRY

- 400g all-purpose flour
- 200g butter, diced room temperature
- 4 egg yolks
- 150g granulated sugar

CUSTARD

- ½ lemon, grated zest
- 8 egg yolks
- 1 vanilla pod, cut in half (seeds removed)
- 250g granulated sugar
- 1L fresh whole milk
- 80g all-purpose flour

TOPPING

- 120g pine nuts
- 1 tablespoon powdered sugar

Preparation

1

Start by preparing the shortcrust pastry. In a large bowl sift the sugar, flour and add a pinch of salt. Add the diced butter and 4 egg yolks. Knead until you have a smooth and even mixture. Make a smooth ball, wrap with cling film and leave to rest in the fridge for 1 hour.

In the meantime, prepare the custard. Place the milk in a medium saucepan (keeping aside one glass of milk), add the grated lemon zest, vanilla pod and stir on low heat. Leave the mix too steep, and bring almost to a boil. Remove from heat and discard the lemon zest and vanilla pod.

2

Add the remaining glass of milk to a bowl, mix in the 8 egg yolks, flour and sugar. Add the custard base to the hot milk, and cook for 10-15 minutes until the custard is thick, stirring frequently. Turn off the heat, place the custard in a large oven dish, cover with cling film and leave to cool to room temperature.

Preheat the oven to 180 degrees Celsius (°C), and grease a cake pan (around 9-10 inches in diameter) with butter and flour. Roll out ⅔ of the pastry to a thickness of around ¼ inch (½ cm). Cut out a circle and flip it into the tin, using your fingers to press the pastry into the surface of the tin. Remove any excess pastry, and pierce the surface with a fork.

3

Pour the cooled custard into the pastry shell. Roll the remaining pastry dough into a thin circle large enough to cover the top of the tart, place on top and pinch the edges together. Pierce the surface with a fork and brush with milk or water (optional). Sprinkle with pine nuts, making sure to press them gently into the surface. Bake for 40-50 minutes until golden.

Allow the tart to cool before adding a final touch of powdered sugar. Buon Appetito!