



Berlingozzo

A Typical Tuscan
Bundt Cake

Time Needed:

Prep Time: 20 minutes
Baking Time: 35 minutes
9 x 3 inch Baking Bundt Pan

Ingredients:

(Units in American baking cups)

2 cups of Cake or Pastry Flour
¾ cup of sugar
2 whole eggs and an additional 2 yolks
¼ cup of extra virgin olive oil
Finely grated rind of one lemon
1 packet of raising agent in Italy or 1 Tbsp of baking powder
For the glaze: ½ cup of powdered/confectioner's sugar and
1 Tbsp of orange juice

Directions

In a clean mixing bowl, whip the eggs, yolks and sugar into a froth.
Slowly drizzle in the olive oil and once thoroughly mixed add the grated lemon rind.

Now add the cake flour and raising agent (baking powder).
Mix with a spatula until you have created a uniform batter.

Butter and flour the Bundt pan and then pour the batter into the pan.

Bake in a ventilated oven pre-heated to 180 degrees Celsius (350 degrees F) for approximately 35 minutes.

To make the topping

Mix the orange juice and sugar in a small pot. Cook over low heat for 5 minutes while stirring constantly.
While still warm, brush the syrup onto the surface of the cake and then sprinkle with granules of sugar.

Curiosity:
This dessert was known and referred in the lines by Lorenzo the Magnificent in his poetic Canti Carnascialeschi.

“Women, we are young bakers, from the trade and art of very good masters: We make berlingozzi and sweets.”

From Lorenzo de' Medici,
Songs of the Bakers

