

# Cantucci



Galileo dipped these typical Tuscan cookies into a small glass of dessert wine called "Vin Santo." In America, these cookies are simply known as almond "biscotti."

## Time Needed:

Prep time: 10 minutes  
Baking time: 40 minute  
Yields: 40 pieces

## Ingredients:

(Units in American baking cups)

3 eggs  
1 cup of sugar  
½ cup (100 grams) of softened, unsalted butter  
1 1/3rd cups (200 grams) of shelled, whole unpeeled almonds  
4 cups of white flour  
Grated lemon rind  
1 ½ tsp of baking powder (Equivalent to one envelope of raising agent for sweets in Italy)

**Originally these cookies were created out of the habit of the poor farming families to not throw anything away including the ends of sweet breads made by bakers for the wealthier class. This heel part known as the "cantuccio" stood for "the corner piece" and would have otherwise been thrown out as a scrap.**

## Directions

- 1 – Lightly toast the almonds and let them cool.
- 2 – Form the flour into a volcano shape on a wooden board and then then add the eggs, sugar, butter, grated lemon rind and baking powder to the center.
- 3 – Quickly work the flour and ingredients into a dough and then add the almonds. Continue to knead the dough until you have obtained a homogeneous and elastic texture.
- 4 – Divide the dough in half and form into two long loaves approximately 2 inches wide and 1 inch high. Place these loaves onto a greased and floured baking sheet leaving a good amount of distance between them.
- 5 – Bake in an oven pre-heated to 180 degrees C (350 degrees F) for 30 minutes. Remove the loaves while they are still hot and using a sharp knife cut in an angled fashion to obtain the typical biscotti shape.
- 6 – Place these "biscotti" back onto the baking sheet and bake for another 10 minutes in such a way as to "rebake" them a second time... hence the origins of the name BIS-COTTO... baked twice.

