

Classic Italian taralli Dolce

Classic Italian taralli Dolce

This classic Italian taralli dolce recipe yields a lightly sweet, unleavened biscotti with a crispy texture achieved through first boiling the taralli and then baking the ring shaped dough right on the oven grates. Growing up in an off the boat Italian family Taralli sweet or salty have always been a part of my favorite snacks. Some may say I have a taralli obsession, I have to agree. If this is any indication of my obsession I have made these taralli dolce three times in the last two weeks and each time I ended up eating them before they were glazed. They are additive .

If your unfamiliar with taralli, think ring- shaped fat bread sticks, usually make during Easter. You can enjoy them in a variety of flavors. my favorites are taralli Dolce and on the salty savory side taralli with fennel. This is my family recipe a simple yeast- free taralli my mother would make something she would ice them and top them with colorful sprinkles.

Things to know about this Classic Italian Taralli Dolce recipe

Taralli are typically made with the most basic ingredients, such as flour, water, olive oil and either salt or sugar. Sometimes additional ingredients are added like fennel seeds, black pepper, or red pepper flakes. Here are some variations.

Add a generous pinch of red pepper flakes to the dough for spicy tartalli.

For the most classic flavored fennel tarelli (I have linked

the recipe)and my personal favorite omit the sugar, vanilla and add 1 tablespoon of salt and 3-4 tablespoons of fennel to the dough.

Omit the sugar and add 1 Tablespoon of salt and 2-3 Tablespoons of finely minced rosemary.

In certain parts of Italy , taralli are a hugely popular local food. Locals love making them at home or grabbing some from nearby bakeries.

Making Classic Italian taralli dolce at home is easy and so much fun to make!!Best of all, you don't need any special equipment, fancy ingredients or cooking skills. follow the simple steps and before you know it, you will be making Classic Italian Tarali dolce without referring to the recipe. ENJOY!!!!

If you make these Taralli Dolce please leave a comment about your experience with the recipe. And please tag me on Instagram with your creations. I love hearing from you , and it helps others. THANKS!!!

Ingredients

- 3 cups all-purpose flour
- 4 eggs
- 1 cup sugar
- 1/2 cup olive oil
- 1/3 cup marsala wine
- Juice and zest from one lemon
- 1 Tbsp. Vanilla
- 4 cups water for boiling + 1lemon

Instructions

1. Start by beating the eggs and sugar until light and fluffy and double in volume about five minutes.

2. Add the liquid ingredients oil, wine, lemon juice and zest continue beating until well combined.
3. Add the flour a little at a time mix until combined, when the dough becomes too hard for the mixer transfer to a lightly floured surface, knead the dough until smooth (about 5 minutes). Cover and let rest 10 minutes
4. Fill a deep pan with water add a sliced lemon bring to a low boil.
5. Preheat your oven to 400 degrees
6. Cut the dough into 12 equal pieces roll into ropes about 10 inches long and form into circles pinch the ends tightly to seal.
7. Add a sliced lemon to the water. Boil in lightly boiling water in batches. Immediately use a spoon to unstick the taralli from the bottom of the pot. Boil until they come to the surface (about 5 minutes). Let dry on a tea towel.
8. Bake directly on the oven grates at 400 degrees for 10 minutes.

Lower the heat to 325 degrees and continue baking an additional 30 minutes. Let cool slightly before glazing with a loose mixture of powder sugar and lemon juice.
ENJOY!!!!