

# Italian Fennel Taralli

## Italian Fennel taralli

Taralli, a classic Italian crunchy salty snack. kind of like a bread stick, shaped in a circle. They are made with a few simple ingredients, flour, olive oil and wine, and flavored with different herbs, like rosemary, oregano. or my personal favorite fennel seeds.

Growing up with them I remember the smell of the fennel seeds baking and the unique twist of each ring. They're such a classic Italian snack, perfect with a glass of wine or just a bite between meals. In every crunchy bite of Italian fennel taralli there is a connection to Italy's rich culinary heritage and comforting reminders of childhood.

## here are some ways to eat Italian fennel taralli

Growing up, you'd see the adults enjoying Taralli – those crunchy fennel-flavored snacks with a glass of red wine. They would dunk the taralli in the wine, letting them soak up a bit of the rich flavors before savoring every bite. it was a classic pairing, bring together the savory fennel with the earthy depth of red wine, creating a taste of tradition. Taralli are versatile and can be enjoyed in more ways than just dunking in wine. They pair beautifully with a spread of Italian cheeses and cured meats, the perfect alternative to breadsticks.

Try dipping taralli in extra virgin olive oil seasoned with balsamic vinegar, black pepper and oregano. Or serve taralli with a variety of dips like olive tapenade, artichoke dip or

even whipped ricotta. Enjoy taralli alongside a bowl of soup. they add a crunchy contrast to creamy soups. I use them crumbled over salads for extra crunch.

Whether you're sharing them with friends or savoring them solo, Italian fennel taralli bring a little taste of Italian tradition.

## Ingredients

- 3 cups of flour
- 1 tsp. baking powder
- 1 Tbsp. salt
- 1 Tbsp. fennel seeds
- 1/2 cup olive oil
- 1 cup white wine

## Instructions

1. Start by combining the flour, salt , baking powder and fennel seeds in a bowl. Make a well in the center add the olive oil and white wine.
2. combine using your hands until a dough starts to form. Then knead the dough until smooth about 5 minutes. form into a disk cover and let rest for 30 minutes,
3. Meanwhile preheat your oven to 375 – degrees and bring a large pot of water to a boil add 1 Tbsp. of salt.
4. Flour a work surface lightly cut the dough into 15 equal pieces . roll the dough into pencil thin 6 inch ropes. Form into a circle. pressing the ends together tightly using your hands.
5. Drop a few Tarelli at a time into the boiling salted water. Once they float to the top, about 5 minutes remove and set a clean kitchen towel to dry out. Repeat the process until all the tarelli are boiled. Then let them dry completely before baking in the preheated oven for 15to 20 minutes or until golden brown and crispy.