

Italian S Cookie- Biscotti A Esse

A popular Italian breakfast cookie originating from Sicily.

Recipe taken from – www.thepetitecook.com

Prep Time: 10 minutes
Cook Time: 12 minutes
Total Time: 22 minutes
Makes: 40 biscuits



Ingredients

- 125g butter, softened
- 500g plain flour
- 200g sugar
- 2 eggs, large
- zest of one lemon (other options- orange, lime, lavender, thyme)
- 1 tablespoon baking powder
- 1 tablespoon milk, optional

Equipment

- Large bowl
- Wooden spoon
- Oven trays, baking paper
- Spatula
- Grater
- Measuring spoons and cups
- Scales
- Dough cutter

Instructions

1. In a large bowl mix the softened butter and flour with your fingertips until you have a crumbly and sandy mixture.
2. Add in the eggs, sugar, lemon zest, and finally the baking powder. Add a tablespoon of milk if you feel the dough is a bit hard,
3. Mix all the ingredients to form a smooth dough and let it rest in the fridge for 10 minutes.
4. Preheat the oven to 200°C and line 3 baking trays with baking paper.
5. Place the dough on the wooden boards and divide it into 40 balls.
6. Roll each ball to form a 7cm sausage, model it into an S shape with your hands, and arrange it on the lined baking tray.
7. Bake the S cookies for 10-12 minutes, or until golden on top.
8. Remove the tray from the oven allow the cookies to cool slightly, transfer them on a cooling rack and allow them to cool completely, then serve.

