



Amazing Italian Biscotti di Ricotta + Blueberry-Lemon Compote Drizzle + Sparkling Limonata

By Dylan Sabuco

Prep Time 20 / Cook Time 25 / Serves 4 - 6

Shopping List

FRESH

2 C fresh or frozen blueberries (raspberries or strawberries also work great)

1 lemon

DAIRY AND EGGS

2 eggs ******(for EGG ALLERGY sub an extra 2/3 C ricotta cheese OR 2/3 C applesauce)******

1/3 C ricotta cheese ******(for DAIRY ALLERGY sub 1 extra egg OR 1/3 C applesauce)******

PANTRY

1 3/4 C all-purpose flour ******(for GLUTEN ALLERGY sub 2 C gluten-free/nut-free all-purpose flour)******

1 1/4 tsp baking powder

1/2 tsp salt

1 tsp vanilla extract

1 3/4 C granulated sugar

2 C sparkling water

Cooking spray or vegetable oil to grease pan

HAVE ON HAND

1 C cold water

ice

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

grease: to spread a small amount of cooking oil or fat, like butter, around a pan or dish to prevent food from sticking when it's cooked.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

combine: to merge two or more ingredients into one mixture, like a batter of flour, eggs, and milk.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

macerate: to soften foods by allowing them to soak in a liquid.

mash: to reduce food, like potatoes or bananas, to a soft, pulpy state by beating or pressure.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- Pitcher
- Dry measuring cups
- Liquid measuring cup
- Cutting board + kid-safe knife
- Citrus juicer (optional)
- Wooden spoon

- Oven
- Muffin pan
- Large mixing bowls (2)
- Measuring spoons
- Whisk
- Wooden spoon or rubber spatula
- Medium mixing bowl
- Strainer (optional)

Ingredients

Amazing Italian "Biscotti di Ricotta"

- 1 3/4 C all-purpose flour **** (for GLUTEN ALLERGY sub 2 C gluten-free/nut-free all-purpose flour)****
- 1 1/4 tsp baking powder
- 1/2 tsp salt
- 2 eggs **** (for EGG ALLERGY sub an extra 2/3 C ricotta cheese OR 2/3 C applesauce)****
- 1/3 C ricotta cheese **** (for DAIRY ALLERGY sub 1 extra egg OR 1/3 C applesauce)****
- 1 tsp vanilla extract
- 3/4 C granulated sugar
- Cooking spray or vegetable oil to grease pan

Blueberry-Lemon Compote Drizzle

- 1 C fresh or frozen blueberries (raspberries or strawberries also work great)
- 1/4 C granulated sugar
- 1/2 lemon

Sparkling Blueberry Limonata

- 1 C fresh or frozen blueberries (raspberries or strawberries also work great)
- 3/4 C granulated sugar
- 1/2 lemon
- 1 C cold water

2 C sparkling water

ice

Food Allergen Substitutions

Amazing Italian "Biscotti di Ricotta"

Gluten/Wheat: For 1 3/4 C all-purpose flour, substitute 2 C gluten-free/nut-free all-purpose flour.

Egg: For 2 eggs, substitute an extra 2/3 C ricotta cheese OR 2/3 C applesauce.

Dairy: For 1/3 C ricotta cheese, substitute 1 extra egg OR 1/3 C applesauce.

Blueberry-Lemon Compote Drizzle

Sparkling Blueberry Limonata

Instructions

Amazing Italian "Biscotti di Ricotta"

intro

"Ciao!" Biscotti are crunchy Italian cookies most commonly served with coffee. If Oreos are milk's favorite cookies, then biscotti are coffee's favorite cookies. The recipe for this classic deviates from the traditional cookie formula. There is no fat from oil or butter in this recipe at all. The only fat comes from the eggs and ricotta. This small amount of fat will leave the biscotti with its classic crunch when all is said and done.

measure + mix

In a large mixing bowl, start by measuring all of the dry ingredients: **1 3/4 cups flour** and **1 1/4 teaspoons baking powder**. Whisk the dry ingredients to sift out any lumps.

measure + mix

In a separate bowl, measure all the wet ingredients: **1/2 teaspoon salt**, **2 eggs**, **1/3 cup ricotta cheese**, **1 teaspoon vanilla extract**, and **3/4 cup sugar**. Combine them all with a whisk.

preheat + stir

Preheat the oven to 350 F. Combine all the dry and wet ingredients in the larger mixing bowl of the two you were using. Stir the ingredients with a rubber spatula or a wooden spoon. Make sure that all the dry ingredients are well incorporated.

recipe note

Unlike normal cookie dough, biscotti dough should be overmixed. This dough needs to be mixed until a tacky dough forms so the end result will be dry and crunchy. The opposite is true in almost all other cookie recipes.

grease + bake

Using cooking spray or oil, grease the wells of a muffin pan. Scoop the biscotti dough into each of the greased wells until they are roughly 1/2 full. Slide the muffin pan into the preheated oven for 25 minutes. (For extra crunchiness, bake the biscotti a second time for 10 more minutes at 300 F. You can also slice the biscotti before the second baking to give them a unique shape.)

cool + crunch

Allow the biscotti to cool on a plate or tray for at least 5 minutes. Then, enjoy Drizzly Blueberry-Lemon Compote (see recipe) alongside this crunchy biscotti for a tasty afternoon snack. "Buon appetito" or "Enjoy your meal" in Italian!

Blueberry-Lemon Compote Drizzle

measure + mash

Measure and combine **1 cup blueberries** and **1/4 cup sugar** in a medium mixing bowl. Using a wooden spoon, mash all the berries and sugar together.

juice + stir

Squeeze and add the juice of **1/2 lemon**. Then, stir the juice into the berry and sugar mixture. To go an extra step, strain the compote and discard the seeds. This will give the compote a smooth texture.

Sparkling Blueberry Limonata

measure + combine

Start this simple drink by combining **1 cup blueberries**, **3/4 cup sugar**, and the juice of **1/2 lemon** in a large pitcher.

mash + macerate + pour

Mash all the ingredients in the pitcher until they are well macerated. Then, pour in **1 cup cold water**, followed by **2 cups sparkling water**. Stir a few times to combine.

cheers + sip

Pour the drink over ice before enjoying it! "Salute" (sah-LOO-teh) or "Cheers" in Italian!

Featured Ingredient: Ricotta!

Hi, I'm Ricotta!

"Ciao! That's "Hello" in Italian, and I'm an Italian cheese! I'm soft and light, and you can use me in entrées (that's a fancy French word for a main dish) and desserts. As a youngster, my flavor is mild, but I get more tangy with age."

Ricotta (literally "recooked") is an Italian cheese that uses whey, a low-fat, nutritious liquid by-product of cheese production. It is usually made from cows' milk but may also be produced using the milk of sheep (Ricotta Romana) or Italian water buffalo (Ricotta di Bufala Campana).

An ancient method of making ricotta existed in the second millennium BCE using ceramic milk boilers. Metal boilers are used today, but the process is similar.

Most of the milk protein is removed when making cheese, but some protein remains in the whey. The whey is heated to near boiling with a little acid, and the combination of low pH and high temperature denatures the protein, removing its natural qualities and causing it to form a fine curd. Once cooled, the curd is separated by passing through a fine cloth.

This curd, after drainage, is ricotta. Because ricotta is made from whey rather than milk, it is technically considered a whey cheese. Ricotta is a creamy white, fresh cheese (as opposed to ripened or aged) and tastes slightly sweet. Its texture is similar to cottage cheese; however, ricotta has less liquid, more fat, and is creamier.

Like many fresh cheeses, ricotta is highly perishable. However, it can last longer if cheesemakers put ricotta through extra processing, such as baking, salting, smoking, or additional fermentation.

Chefs and home cooks use ricotta in desserts like cannoli, cheesecake, and pies. It is also a traditional ingredient in Italian pasta dishes like lasagne, manicotti, and ravioli.

A half cup of whole-milk ricotta contains around 13 grams of fat, 9 grams of protein, and 20 percent of the daily value of calcium.