



Amazing Italian "Biscotti di Ricotta"

By Dylan Sabuco

Prep Time 10 / **Cook Time** 25 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

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

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!

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.

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.

Equipment

- ☐ Oven
- ☐ Muffin pan
- ☐ Large mixing bowls (2)
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk
- ☐ Wooden spoon or rubber spatula

Ingredients

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- ☐ 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

Food Allergen Substitutions

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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.

Instructions

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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!

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.