



## Traditionals with a twist

# BISCOTTI

by Fiona Burrell



These hard biscuits have become popular in the past few years and are often served in cafés with coffee. They originated in Tuscany, Italy, and the name 'biscotti' actually means 'twice-cooked'.

Traditional biscotti are made using both ground and whole almonds. Because they are hard, they make a perfect dunking biscuit. They look very attractive in large glass jars and they store well for a long time as long as the container is airtight.

Several ingredients can be added to a basic recipe, including nuts, dried fruits or other flavourings such as chocolate, orange zest, lemon zest and spices such as cinnamon, nutmeg and ginger.

apricots, but this can be changed for other fruit – for example dried cranberries at Christmas.

### Ingredients

Whole almonds	<b>85g</b>
Pistachio nuts	<b>85g</b>
Butter	<b>55g</b>
Plain flour	<b>300g</b>
Pinch of salt	
Baking powder	<b>15g</b>
Ground cinnamon	<b>10g</b>
Eggs, beaten	<b>3</b>
Caster sugar	<b>200g</b>
Grated zest of 1 orange	
Vanilla essence	<b>5g</b>
Dried apricots	<b>115g</b>

### Method

1. Place the almonds and pistachio nuts on a baking sheet and toast for 7–8 minutes or until pale brown. Cool and chop them roughly.

2. Melt the butter and allow to cool.
3. Sift the flour with the salt, baking powder and cinnamon.
4. Beat the eggs then stir in the butter, sugar, orange zest and vanilla. Stir this into the flour mixture and add the nuts and apricots. The mixture will be quite soft. Use extra flour to bring together if too soft.
5. Shape roughly into two logs on a baking sheet lined with parchment, leaving room for them to rise. Bake in a 180°C oven for 30 minutes or until they feel firm to the touch. They will be golden brown. Allow to cool. Lower the oven to 140°C.
6. Slice the logs on a 45° diagonal into 1 cm-thick slices, using a serrated knife. Place on two baking sheets and return to the oven for 15 minutes. Turn over and bake on the other side for a further 15 minutes or until they have dried out and are golden brown.
7. Cool and store in an airtight container.

### Spiced Orange Fruit and Nut Biscotti

These biscotti are quite soft to handle and contain a high proportion of baking powder, which makes them very light. They contain

## Trade snapshot: for the love of Lammas

Bakers across the country took part in the Lammas Day celebrations from 31 July to 1 August, baking special loaves to mark the summer wheat harvest.

The pictured Lammas Loaves – whose name derives from the Old English for loaf mass, 'hlafrmaesse' – were baked by head baker Anna Griffiths and baker Katie Bruce at Ludlow Food Centre, a member of The Real Bread Campaign.

Their 'Tomato and Basil Scrumble' Lammas Loaf was named as such, because the ingredients are 'scrumbled' together and baked without a tin.

Lammas has disputed origins in pagan and Christian festivals and the loaves would originally have been made with the first grain of the new harvest.



## Letter

Following the article in 16 July *BB*, on organic certification, you either are baking organic, or you are not. It is too easy to make the statement, "we are organic", but a lot less easy to produce the tedious paperwork, follow the strict procedures and have the discipline required to be certified organic.

We started in 2001 with the Soil Association, which we found hopelessly bureaucratic – at least in those days. So we switched to the Organic Food Federation and have not looked back. We think the Soil Association's percentage of turnover fee is anachronistic. We just want them to certify our product. We believe it's tantamount to the school that gave me my pastry chef diploma then demanding a percentage of my future earnings.

Yes, it is a lot of work to be certified organic. Yes, it is time-consuming, but that is simply necessary in order to give the consumer the audited knowledge that there are no nasty pesticide residues, GM ingredients or dodgy chemicals in our products. We would not like organic standards diluted. For us it is worth it, as we believe in the benefits of organics. If you don't have that belief, and are thinking of doing it just as a marketing gimmick, forget about it – you'll lose the will to live halfway through.

**Lise Madsen, MD and founder,  
Honeyrose Bakery**