



Le Ciambelle

- 4 - 5 cups all-purpose flour (0.9kg - 1.1kg)
- 1 cup sugar (228g)
- 1 cup extra virgin olive oil
- 1 cup white wine (235ml)
- 2 tablespoons aniseeds (28g)

Com Si Fa?

- Preheat oven to 400 degrees Fahrenheit.
- Place flour on a worktable. Make a well in the centre of the flour and add sugar, extra virgin olive oil and wine. Combine together and knead until the mixture becomes an even dough. If necessary, add a little more flour to absorb all the liquids. Sprinkle a tablespoon of aniseeds on the dough and knead well. Sprinkle the rest of the aniseeds, and continue to knead so that the seeds are evenly distributed. Cut off a small amount of dough and roll into a ½ inch thick log. Cut the log into a 5 inch long piece. Then form a 'doughnut-like' shape by pinching opposite ends together. Repeat the above process until all the dough is used up.
- Line a baking tray with cooking parchment paper and arrange the ciambelle, approximately 2 inches apart. Bake for approximately 10 minutes or until golden brown.

Yeild: 4 Servings



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