



Tarallini Sale e Pepe

(Sea Salt and Pepper Taralli)

INGREDIENTS

- 5 cups of flour
- 2/3 cups of white wine (or water)
- 1 cup of Olive Oil
- 3 teaspoons of sea salt
- 3 teaspoons of freshly ground black pepper

DIRECTIONS

1. Measure the flour in a large bowl.
2. Make a little well in the center.
3. Add the oil, the sea salt, pepper and the wine to the flour.
4. Stir until all flour is absorbed.
5. Note, if dough is too dry, you may add a little
6. water. If too wet, add a bit more flour.
7. Transfer dough to a lightly floured surface and knead until the dough is smooth and elastic (meaning that if you poke it with your finger, it will bounce back). Dough should be consistency of play-dough.
8. Of course, you can do the steps above with a stand mixer equipped with a dough hook.
9. When dough is ready, shape into a ball and cover with plastic wrap, right on your counter (or whatever surface you were using).
10. Place ungreased baking sheets by your side. You will need 2 large baking sheets for this recipe.
11. Now you are ready to begin rolling the taralli!
12. Uncover one end of the dough ball and cut off a 1 inch wide slice.
13. Keep the rest covered or dough will dry.
14. Cut the slice in 1 inch chunks (size of a marshmallow).
15. Begin rolling with both hands to make a long and thin rope (about 9 inches).

Continue on p2



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DIRECTIONS (CONT.)

16. Fold in half and give it a slight twist.
17. Bring ends together in a little circle and press to seal the ends.
18. Place biscuit on baking sheet.
19. Continue until you have a full sheet (you can place them close together, about 1/2 inch apart, since they don't grow too much).
20. Bake in center of oven for about 25 minutes or until golden.
21. While the first batch is cooking, prepare your second, just as you did before.
22. Take your first batch out of the oven when done and place the biscuits in a large bowl to cool.
23. Place second batch in the oven and bake as directed for first.
24. Once you are done, you will have a generous amount of delicious little pretzel-like biscuits that go well with a glass of wine, your favorite cheese, olives or any snack food.

NONNA'S TIPS

- You may use 3 cups of unbleached flour and 2 cups of stone ground wheat flour for heartier tasting taralli.
- Adjust salt and pepper to YOUR taste.
- Use water if you don't want to use white wine.
- These taralli can be made ahead and stored in freezer (well wrapped) until you're ready to serve them.

