

FML

Food's my life!

CROSTOLI

(Italian Biscuits)

200g '00' plain flour
1 egg
1 tbsp caster sugar
Zest of 1 lemon
Zest of 1 orange
Generous pinch of salt
1 tbsp softened unsalted butter
1 tbsp of Grappa or Brandy
1 tbsp vanilla extract
3-4 tbsp milk
Vegetable oil for deep frying
Icing sugar for dusting over biscuits

** NOTE **

These delicious, crispy biscuits are best eaten straight away. If you must keep them, store them in an air tight container and add sugar just before serving.
Pasta dough can be frozen.
Warning – it is impossible to eat just a few.

1. On a clean board or bench, place the plain flour and make a well in the middle
2. Add the egg to the well and use a fork to lightly beat the egg
3. To the egg, gradually beat in the sugar, zest, salt, butter, vanilla and grappa, one or two ingredients at a time.
4. Using your fingers, start to incorporate the flour, adding a small splash of the milk.
5. Work into a dough, using more milk if the dough is too dry, or more flour if dough is too wet.
6. Knead the dough until smooth
7. Wrap the dough in plastic and leave on the bench to rest for 1 hour.
8. Meanwhile, set up your pasta machine.
9. Cut the dough into manageable pieces (quarters). Knead that piece again, then run it through the widest setting on your pasta machine a few times. The dough should be smooth. If it is too wet, you may need to add more flour.
10. Then run the dough through a medium setting and finally, a thin setting. (Don't use the thinnest, as the biscuits will burn too easily in the frying process).
11. Cut the thinly rolled dough with a knife or ravioli cutter into little strips, then give each strip a small cut in the middle.
12. Place strips on a floured tea towel and transfer to the stove.
13. Heat a saucepan of vegetable oil to approximately 180 degrees Celsius and fry the crostoli 2-3 at a time, turning constantly until they are a light golden colour.
14. Sprinkle icing sugar over the biscuits when you are ready to serve.