

with a cold beer or glass of wine. Bake them directly on oven racks to get an all-over crunchy crust.

4¼ cups	all-purpose flour	1.05 L
6	eggs	6
2 tbsp	granulated sugar	25 mL
2 tbsp	olive oil	25 mL
½ tsp	salt	2 mL

☞ In large bowl, make well in centre of 4 cups (1 L) of the flour. Add eggs, sugar, oil and salt to well; whisk egg mixture. Using hands, incorporate flour a bit at a time to form stiff dough.

☞ Sprinkle work surface with remaining flour; turn out dough. Knead dough, incorporating as much of the flour as needed, to create smooth, elastic dough, about 8 minutes. Cover with tea towel; let rest for 30 minutes.

☞ Divide dough into sixths. Roll each piece into 14-inch (35 cm) long rope, letting dough relax for a few minutes if too springy. Pinch ends together into circle.

☞ In large pot of boiling water, cook taralli, in batches and making sure they don't stick to bottom of pot, until risen to surface, 3 to 4 minutes. With slotted spoon, transfer to towel to blot.

☞ Bake directly on oven rack of 400°F (200°C) oven until puffed, cracked and dark golden brown, about 30 minutes. *(Make-ahead: Store in airtight container for up to 2 days.)* **Makes 6 large pieces.** PER PIECE: about 451 cal, 15 g pro, 10 g total fat (2 g sat. fat), 72 g carb, 3 g fibre, 186 mg chol, 254 mg sodium, 157 mg potassium. % RDI: 3% calcium, 34% iron, 7% vit A, 93% folate.

Sweet Ricotta Crostata

Scented with lemon, orange and cinnamon, this rich tart is best cut into thin little pieces.

3 cups	ricotta cheese (1½ lb/750 g)	750 mL
⅓ cup	granulated sugar	75 mL
1 tbsp	grated lemon rind	15 mL
1 tbsp	grated orange rind	15 mL
¼ cup	lemon juice	50 mL

2	eggs	2
½ tsp	cinnamon	2 mL
1	egg yolk	1

PASTRY:

3 cups	all-purpose flour	750 mL
¼ cup	granulated sugar	50 mL
1 tsp	baking powder	5 mL
½ tsp	salt	2 mL
½ cup	cold unsalted butter, cubed	125 mL
3	eggs, lightly beaten	3

☞ **PASTRY:** In bowl, whisk together flour, sugar, baking powder and salt. Using pastry blender, cut in butter until in fine crumbs with a few larger pieces. Add eggs; toss until dough starts to clump together, adding 1 tbsp (15 mL) cold water if too dry. Press into disc; wrap and refrigerate until chilled, about 30 minutes.

☞ In large bowl, whisk together ricotta, sugar, lemon rind, orange rind, lemon juice, eggs and cinnamon; set aside.

☞ Cut off one-third of the dough and set aside.

☞ On lightly floured surface, roll out remaining dough to 13-inch (33 cm) circle. Fit into 10-inch (25 cm) round tart pan with removable bottom. Scrape in filling, smoothing top. Trim dough to leave ½-inch (1 cm) overhang.

☞ On lightly floured surface, roll out reserved dough into 12-inch (30 cm) square. Cut into twelve 1-inch (2.5 cm) strips. Weave strips, about ½ inch (1 cm) apart, over filling to form lattice top. Trim strips to edge of overhang.

☞ Whisk egg yolk with 1 tsp (5 mL) water; brush some under each strip where it meets bottom pastry edge. Press to seal. Turn overhang inside and flute edge.

☞ Brush remaining egg yolk mixture all over top of tart. Bake in 350°F (180°C) oven until pastry is golden, about 55 minutes. Let cool on rack. *(Make-ahead: Cover and refrigerate for up to 24 hours.)* **Makes 24 pieces.** PER PIECE: about 178 cal, 6 g pro, 9 g total fat (5 g sat. fat), 18 g carb, 1 g fibre, 72 mg chol, 95 mg sodium, 67 mg potassium. % RDI: 7% calcium, 7% iron, 9% vit A, 3% vit C, 18% folate.

Ricotta Cookies

Colourful cakey cookies with soft pastel icing are popular with everyone, but especially with the kids.

½ cup	unsalted butter, softened	125 mL
1 cup	granulated sugar	250 mL
1	egg	1
1 cup	ricotta cheese	250 mL
1 tsp	vanilla	5 mL
2 cups	all-purpose flour	500 mL
½ tsp	salt	2 mL
¼ tsp	baking soda	1 mL
¼ tsp	baking powder	1 mL

ICING:

½ cup	cream cheese, softened	125 mL
¼ cup	unsalted butter, softened	50 mL
1½ cups	icing sugar	375 mL
½ tsp	vanilla	2 mL
	Assorted paste or liquid food colouring	

☞ In large bowl, beat butter with sugar until fluffy; beat in egg, ricotta and vanilla, beating well after each.

☞ In separate bowl, whisk together flour, salt, baking soda and baking powder; stir into ricotta mixture.

☞ Drop by generous 1 tbsp (15 mL) onto parchment paper-lined rimless baking sheets. Bake in 350°F (180°C) oven until bottoms are golden, 12 to 14 minutes. Transfer to racks and let cool.

☞ **ICING:** In bowl, beat cream cheese with butter. Beat in icing sugar until creamy; beat in vanilla. Divide into thirds; tint each desired pastel colour. Spread over tops of cookies. Refrigerate until icing is firm, about 30 minutes. *(Make-ahead: Refrigerate in airtight container for up to 2 days.)* **Makes 36 cookies.** PER COOKIE: about 125 cal, 2 g pro, 6 g total fat (4 g sat. fat), 16 g carb, trace fibre, 22 mg chol, 60 mg sodium, 22 mg potassium. % RDI: 2% calcium, 3% iron, 6% vit A, 7% folate. ●