

Tarale Dolce recipe

Meet Emily. She used to make biscuits with her Nonna when she was young. “Cooking is a very big part of Italian culture. On special occasions, we all cook together - in this photo, we are making Italian donuts, which are usually made at Christmas time. I used to make biscuits like Tarale with my Nonna when I was little. She would show me how to roll the dough and make the shapes, and I would follow along with her.”

Ingredients:

- 3 eggs
- 1 egg yolk, lightly beaten
- 125g sugar
- 1 tablespoon vanilla sugar
- 1/2 cup light olive oil
- 500g sifted self-raising flour

What to do:

1. Using an electric mixer, beat the eggs and sugar until light and creamy. Add in the vanilla sugar and olive oil and mix until combined. Fold the flour into the mixture.
2. Flour your clean work surface and knead the dough until soft, about 5 minutes. Wrap the dough in plastic film and refrigerate for 30 minutes.
3. Preheat the oven to 170 degrees Celcius (fan forced) while the dough is resting.
4. Break off walnut sized pieces of dough and roll in piece into a strip about 12cm long. Twist two strips together to form a biscuit. Do this until you have used all the dough.
5. Place the twisted dough onto baking trays lined with baking paper. Brush the egg yolk over the surface. Bake for 20-25 minutes until the biscuits are lightly golden. Take out of the oven and transfer the biscuits onto wire cooling racks.



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