

## **How to involve your child in preparing Ms. Barba's Anise Tarrelle (Biscotti)**

Replacement ideas: (See Vegan Recipe)

- Other inspirations for eggs in a nest: **Ms. Thain's Nest Cookies, PB&J thumbprint cookies, & No Bake seeded energy "eggs" in nests** (recipes below).

### **Children's Work (may or may not need adult collaboration)**

1. Dye eggs, choose colors (gently since it's raw).
2. Crack eggs into a separate bowl, whisk.
3. Pour all the ingredients into the bowl. Mix with spoon & hands.
4. Knead dough.
5. Roll out dough into shapes.
6. Turn the oven light on to watch the biscotti bake. (Adult reminds: "The oven is hot.")
7. Use a spatula to take cooled biscotti to a tray.
8. Decorate with sprinkles and icing.
9. Wash dishes.
10. Clean cooking areas.
11. Wash hands (before and after).

### **Adult's Work**

1. Measure out the ingredients or you can help your child measure them out into the containers.
  - a. Add language/stories: type of ingredient, where the recipe came from.
  - b. Add exploration: touch textures (Is the dough smooth?); smell; what do you see? hear any sounds while preparing?
2. Dye raw eggs, place on dough.
3. Put in/take out the biscotti from the oven.
4. Turn on the timer during the baking and cooling process.

## **Ms. Barba's Anise Tarrelle Family History**

**Interview with my father:** "It [this recipe] came from Nana, your great grandmother. She learned it from her mother's family back in Italy. Eggs and bread are very traditional at Easter in Italy. It represents new birth and new life: both an Easter and a spring thing. How we got it [the recipe], my cousins realized Nana was getting older and no one really knew how to make it. So during Christmas, they went to help her make it. True to form with most Italian cooks, no one measured. It is a pinch of this and a little bit of that and a scoop of this. My cousins kept sticking measuring devices under what she did to get an approximation. From there, we played with the measurements until we perfected it and received the family approval. I always looked forward to Christmas and Easter for these treats."

I worked closely with my dad since I was young and now I have taken over this tradition. I make it during Easter (with the dyed eggs) and Christmas. I created a vegan version so my sister could continue to enjoy these treats as well! Here is a pared down version of the recipe I have (we use a whole bag of flour and over a dozen eggs!).

### **Anise Taralli (Biscotti)- Easter Edition**

2 c flour  
1 tbs baking powder  
½ c sugar  
1 pinch salt  
¼ c vegetable shortening  
2 tsp anise seeds

3 eggs  
2 tsp anise extract  
½ tsp vanilla extract  
¼ c whole milk

Icing: powdered sugar and water  
6 dyed eggs: Food coloring, white vinegar, and water  
Nonpareil colored sprinkles

1. Preheat the oven to 350F.
2. Dye the 6 raw eggs until a deep color is reached. Set aside to dry.
3. In a large bowl, whisk together the flour, sugar, salt, and baking powder. Cut the shortening into the dry mixture with a pastry cutter (or fork) forming small, pea-sized balls. Mix in the anise seeds.
4. In a separate bowl, beat eggs well. Add milk and other wet ingredients. Mix well.
5. Create a well in the flour and add the egg mixture. Pull the sides of the flour well into the liquid to start forming a workable dough. Use a wooden spoon until much of the liquid is with the dry ingredients. Use your hands to fully incorporate it.
6. Place dough on a lightly floured board or counter. Knead until you feel moisture to your hands. Add some flour to hands to prevent the dough from sticking to them. When ready, the dough should feel smooth.
7. Cut dough into small rows and then into the size of an egg. Keep dough covered with a damp cloth until ready to use.
8. Roll and shape as desired. To create the egg basket, roll out the dough and make a circle. Place the colored egg on it. Drape two rolled out dough pieces over the egg like an X and pinch it to the sides of the circle.
9. Place the shaped dough on a cookie sheet and bake for about 30 minutes until lightly brown.
10. Once cooled, drizzle with icing and sprinkles.



### **Vegan Biscotti:**

2 c flour  
⅓ c triple filtered coconut oil  
1 tbs baking powder  
½ c sugar  
2 tsp anise seeds

2 ½ tbs flax seeds, ground (mixed with 7.5 tbs hot water, sit for 5 min)  
2 tsp anise extract  
½ tsp vanilla extract  
¼ c oat milk (blend ¼ c oats, ¼ tsp salt, & 1 c water for 1 min, strain)

### **Ms. Thain's Nest Cookies Recipe**

*(\*Excerpted from A Year Between Friends: 3191 Miles Apart by Maria Vettese and Stephanie Barnes)*

2 egg whites

1 vanilla bean (or 1 T. vanilla extract)

2 c. unsweetened shredded coconut (or coconut flakes)

$\frac{2}{3}$  c. sugar

Pinch salt

1 (10 oz.) package candy coated chocolate egg candy (or nuts, choc. chips, etc.)



Preheat the oven to 350 F. Line a baking sheet with parchment paper.

In a mixing bowl, lightly beat the egg whites with a fork just until frothy. Cut open the vanilla bean and, using a paring knife, scrape out the seeds into the egg whites (or add vanilla extract). Add the coconut, sugar, and salt. Stir to combine. (Use your hands, if necessary, to make sure the coconut is evenly coated.)

Make tablespoon- size mounds of dough on the prepared baking sheet. Bake until lightly browned, about 15 minutes. Using a spatula, gently transfer the macaroons to a wire rack. While the macaroons are still warm, gently press 3 candy eggs (or substitutes above) into the top of each one to create a nest. Allow the nests to fully cool before serving.

Week 5

### **PB&J thumbprint cookies**

<https://sallysbakingaddiction.com/peanut-butter-jam-thumbprints/>

### **No bake seeded energy “eggs” in nests**

#### **To make the “eggs”:**

1 c dry oatmeal	¼ c ground flax seed
⅓ c coconut flakes	½ c dried cranberry or raisins
½ c almond butter (nut of choice)	½ c chocolate chips
1 c seed blend (chia, buckwheat, hemp, pumpkin)	⅓ c honey or agave
	1 tsp vanilla extract

Mix all ingredients together and set in the fridge for about ½ hour. Roll into small balls. Place in the nest. Store extras in an airtight container in the fridge.

#### **To make the “nest”:**



<https://www.artfrommytable.com/birds-nest/>