

APRICOT AND ALMOND BISCOTTI



FOOD SERVICE



Biscotti have become very popular as an accompaniment to coffee. Of Italian origin, traditionally made with mixed nuts and flavoured with aniseed, the first recipes date back to the 13th Century. Biscotti is the Italian word for twice cooked, now synonymous with biscotti as we know it today. First baked until just cooked, then thinly sliced whilst warm and laid flat, dried out in a low oven until crisp and dry to preserve. Dry overnight in a gas oven left on "pilot" setting.

Customer Services Phone 0800 800 617

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APRICOT AND ALMOND BISCOTTI

MAKES 104 BISCOTTI (4 loaves, each sliced into 26 biscotti)



INGREDIENTS

	Approx Unit Price	Approx Ingredient Cost
1000g plain flour	0.00160	\$1.60
500g Chelsea Caster Sugar	0.00262	\$1.31
200g whole blanched almonds	0.02600	\$5.20
120g flaked almonds	0.02454	\$2.94
80g polenta	0.00300	\$0.24
3 tsp baking powder	0.02000	\$0.24
4 eggs	0.20000	\$0.80
50ml water	negligible	\$0.00
300g butter, softened	0.00840	\$2.52
60g fennel seeds (optional)	0.01514	\$0.91
5ml vanilla extract	0.06692	\$0.33
200g dried apricots, finely chopped	0.01368	\$2.74

METHOD

Preheat oven to 180°C.

Mix **all** ingredients except eggs and water together in a food mixer with paddle attachment on low speed.

Add water and eggs and mix well.

Divide mix into 4 and shape into long, flat sausages about 5cm wide.

Bake 30 - 40 minutes, until cooked through. **Allow to cool.**

When cool, using a sharp serrated knife carefully slice into thin slices (about ½ cm thick) and lay flat on a baking sheet.

To dry out the biscotti, either leave overnight in gas oven set to "pilot", or return to low oven until well dried out and very crisp.

RECIPE VARIATIONS

- Replace apricots with any other dried fruit e.g. raisins, prunes, dried cranberries, dried cherries etc.
- Pistachio, Almond & Ginger biscotti – replace the flaked almonds with shelled pistachio nuts, omit apricots and add 200g stem ginger in syrup, drained and roughly chopped and 2 tsp ground ginger.
- Chocolate Biscotti – replace 300g flour with good quality cocoa powder, replace flaked almonds with 120g chopped dark chocolate and omit apricots.
- Replace water with any preferred liqueur – Cointreau, Pernod, rum, limoncello etc.

TOTAL COST	\$18.83
COST PER PORTION	\$0.18
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$0.69
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Costs based on average wholesale prices at July 2010

PROFIT

- Very economical compared to buying biscotti in for approx \$40/kg. Cost will vary according to ingredients used (i.e. some nuts more expensive than others).
- Keep any crumbs and broken pieces to stir into a muffin mix. Larger broken pieces make good "coffee spoons".

NUTRITION

- Almonds are a rich source of Vitamin E and monounsaturated fat, which is good for lowering levels of LDL cholesterol.
- Dried apricots are a good source of dietary fibre and contain high amounts of carotenoids.
- Contains gluten, dairy, nuts and eggs.

SERVICE

- Display on counter for impulse purchases.
- List on café menu next to coffees.
- Promote coffee + biscotti, special price for morning tea/afternoon tea etc.
- Shape thinner for smaller biscotti, which can be given away free with after-meal coffee in a restaurant.