

# Ciambelle di San Biagio

## INGREDIENTS

- 6 cups flour (I used 00 flour)
- 2/3 cup sugar
- 1 cup plus 2 TBSPs milk, warmed
- 1/3 cup vegetable oil
- 2 shot glasses of anisette liquor (or Strega, Limoncello, Rum)
- Zest from one lemon (or 1 tsp lemon extract)
- 1 packet dry yeast
- 2 tsp salt
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- Sugar Syrup for brushing
- Extra sugar for tops

## NONNA'S TIPS ON PAGE 2



## DIRECTIONS

- Add a teaspoon of sugar to the warm milk and stir.
- Dissolve dry yeast in the milk. Set aside.
- Place the eggs and the sugar in the bowl of a stand mixer equipped with the paddle attachment.
- Mix until the mixture becomes pale in color.
- Add the oil, liquor and lemon zest (or extract) and continue to mix.
- Next, add the milk/yeast mixture. Blend.
- Add the flour, a little at a time.
- Mix on low speed for 5 minutes.
- Finally, add salt and mix for an additional 5 minutes.
- Dough should have consistency of play-dough and look smooth.
- Remove to a lightly floured surface and form into a ball.

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## DIRECTIONS (CONT.)

- Place dough into an oiled bowl.
- Cover with film and place in warm area.
- Allow dough to rest and rise for about 2 hours.
- When ready, remove dough onto a clean surface.
- Gently flatten and spread dough out to make it easier to cut.
- Slice 13 strips from the dough.
- Roll each strip into a long rope (about 20 to 22").
- Fold rope in half and twist together.
- Seal ends together well.
- Place each ciambella on a parchment lined cookie sheet.
- When all ciambelle are done, cover with film and place back in warm area to rest and rise one more hour.
- About 15 minutes before ciambelle are ready, turn oven on to 375F.
- Remove film from ciambelle and bake in preheated oven for about 20 minutes or until golden.
- Remove from oven and allow the little breads to cool for 10 minutes.
- Meanwhile, make a sugar syrup by heating 1/2 cup water with 3 tablespoons of sugar.
- Stir over low heat until sugar melts.
- Place some sugar in a small bowl.
- Brush tops of breads with sugar syrup (one at a time) and immediately dip tops in sugar.
- Repeat with all the rest.
- Place on a tray and serve.
- Makes a baker's dozen, 13 breads.



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## Ciambelle S. Biagio continued...

### NONNA'S TIPS

- If you don't want to wait a long time for the dough to rise, use Rapid Rise yeast. That will cut fermentation time in half.
- The traditional recipe calls for Anisette or Sambuca liquor and anise seeds for these breads but my family does not like the taste so I never add them. Feel free to add them if you like the flavor.
- You can brush top of unbaked ciambelle with an egg wash (egg and milk mix) if you'd like. That will give the tops more color. I omit that step because my oven is strong and it darkens the egg wash too much.