

LACI CALABRESE

Laci (laces) are made on Christmas Eve. They are often dunked in sweet liqueur or wine.

1 kg plain flour

1 tbsp salt

2 tbsp fennel seeds or chilli flakes to taste

4 tsp yeast, dissolved in warm water

1/ cup extra virgin olive oil

¾ cup red wine

1 warm water, extra warm water as needed, maybe up to an extra cup

sunflower oil for deep frying

1. Sift the flour into a bowl, add the salt and fennel or chilli. Make a well in the centre.
2. Combine the dissolved yeast, oil, wine and only 1 cup of the water
3. Pour the liquid into the well and very gradually incorporate the flour, add more water as needed until you achieve a soft, workable dough.
4. Tip out onto a lightly floured board and knead until it is a smooth, elastic dough.
5. Wrap in a floured tea towel and set aside to double in volume. This could take a full hour.
6. Cut a small piece of dough and roll it out on a dry surface. It should be approx. 1 cm in diameter and 35 cm long.
7. Twirl together to make a rope. Continue until all the dough is used. (You can just cut them into 12 cm strips)
8. Heat the sunflower oil in a deep pan and fry the laci until golden on both sides. Don't overcrowd the pan as they will expand in the cooking.
9. Drain on paper towels.

Laci are suitable to freeze, may be eaten cold, reheated and will keep for several days in an airtight container.

Torta al limone

Preheat the oven to 170C. Prepare a round 22 cm tin or an oblong tin 30 cm x 12 cm by greasing and flouring. Or carefully line with baking paper.

3 whole eggs

1 cup sugar (210 g)

Half cup peanut oil / mild olive oil / sunflower oil (125 ml)

Half cup fresh lemon juice (125 ml)

Zest of 1 lemon

1 and a half cup flour (225 g)

Half teaspoon baking powder

Whisk the eggs with sugar with an electric mixer until the mixture is very pale and thick.

Gradually add the oil slowly.

Add zest and lemon juice.

Add flour and add baking powder gradually.

Pour into the prepared tin.

Put it in the oven for approx. 40-45 minutes.