

Walnut Taralli



🍷 For 15 Taralli

Ingredients

100 gr of sourdough (active)
200 gr of flour "0"
120 gr of water
100 g chopped walnuts
6 tablespoons extra virgin olive oil
1 teaspoon honey
1 teaspoon salt

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Method

The night before, please refresh the sourdough, so that it wake up. The next day take 100 gr of sourdough and put in a large bowl, add 100 gr of warm water, a teaspoon of honey and, with a fork, dissolve the yeast well until it's without lumps. Add the flour, a teaspoon of salt, 3 tablespoons of oil and the chopped walnut. Begin mixing with a fork until the flour will have absorbed all the water, at this point, put everything on pastry board and start working the dough with the knuckles or with the thumbs, than beat the dough vigorously on the pastry board, always keeping it in one or in both hands, by doing stretches and became elastic, fold in on itself, turn 90° and repeat the operation until the dough will be smooth. (it takes about 10-15 minutes). Form a ball and then cut on a cross, cover with a damp cloth and let rise for 3 hours. After this time, take the dough and knead for a few minutes with remaining 3 tablespoons of oil. Form a ball again, cut on a cross, put it in a closed container and let rest in refrigerator for 10-12 hours (all night long).

The next day, take the dough, form a long loaf and cut into 15 slices. Forming from this 15 little loaves of 20 cm in length and join them at both ends keeping the dough well pressed between the fingers. Bring to boil a pot with plenty of lightly salted water and soak the taralli two at a time, when rising to the surface, pull them out from the water with a slotted spoon and let drain on a clean cloth. When you have finished this operation, puts taralli on a roasting pan lined with oven paper and bake for 35 minutes at 200 degrees. Remove from the oven and let cool on a grid. Conserve the taralli in a tin box.