

Biscotti di Regina (Queen's Biscuits)

Ingredients

4 cups flour
1 cup sugar
1 TBSP baking powder
¼ tsp salt
1 cup butter (NOTE: Original recipe calls for shortening, but it's best to avoid that unhealthy ingredient)
2 eggs (slightly beaten)
approx. 1/3 cup milk
1 tsp vanilla
sesame seeds



Glaze Frosting (Optional, in place of sesame seeds)
powder sugar
milk
(Can add a little vanilla extract if desired)

Instructions

Combine flour, sugar, baking powder and salt into mixing bowl. Cut in butter with 2 knives or pastry knife (if using a Bosch mixer, use the bread hook for mixing -- but you still may need to cut in the butter if large chunks remain). Make a little indent and add the eggs, then slightly beat. Next, add milk (1–2 TBSP at a time) until the dough pulls away from bowl. Dough should be sticky enough to hold sesame seeds, but not so sticky that dough remains on your hands after you touch it.

Take a section of dough large enough for a cookie about .75-1" wide and 3-5" long. Roll between hands to shape, tear off any excess length.

Roll in sesame seeds OR leave plain and glaze frosting when cool.

Bake at 375 for 13-20 minutes, or until golden brown. (Once the bottom is browned, you can turn on the high broil for 60-90 seconds to finish browning the tops.)

NOTE: This is not meant to be a "soft" cookie. It's a crunchy cookie, ideal for dunking in milk! Cookies will harden once cooled.

Frosting: Add powdered sugar and milk (melted butter optional) until frosting reaches desired consistency. Can color frosting with food coloring, if desired. Then once baked cookies are cooled, drizzle frosting on with a spoon.