




Cinnamon stars






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 30 minutes
	Difficulty	Easy - For all
	Portion size	10 people

Features

	Dish	Dessert - Biscuits
	Typical product	Christmas - Specialities
	Suitable in	Winter - Christmas time

INGREDIENTS

Cinnamon stars

- 10 g of egg white
- 48 g icing sugar
- 3 g of cinnamon (ground)
- 2 ml Kirsch
- 88 g ground almonds
- Icing
- 1 egg white
- 20 g icing sugar

PREPARATION

Cinnamon stars

1. If the icing sugar has lumps, sieve it;
2. Mix cinnamon with almonds;
3. Whip the egg whites until stiff;
4. Add the icing sugar and work with a spatula;
5. Combine the rest of the ingredients, working the dough first with a spatula and then by hand, until a homogeneous dough is obtained;
6. Roll out the dough to a thickness of 8-10 mm;
7. Cut the stars, put them on baking trays and brush them with the icing (which should be prepared as a first step in the preparation of the biscuits);
8. Leave to dry in the fridge for one night;
9. Bake for 3 minutes at 200 °C with the oven door open.