

PISTACHIO, CRANBERRY & CHOCOLATE BISCOTTI (VEGAN & GLUTEN FREE!)

Serves: 12

Prep: 30 mins

Cooking: 40-45 mins

Type: Dessert

Tools: Chopping board, food processor, spatula, mixing bowl, baking tray, parchment paper, rolling pin and a sharp knife.

Courtesy of: Eat2Health Blog



Delicious biscotti! Baking without eggs, milk and/or gluten has never been easier! A blend of gluten free flour and aquafaba (chickpea brine!) allow you to make gluten and egg-free biscotti! Our tasty crispy Italian biscuits have a mixture of pistachios, dried cranberries and some cheeky dark chocolate; with these flavours you are definitely onto a winner! Not only are they perfect with a nice cup of tea or strong black coffee, they also make a lovely, edible gift!

Ingredients

50-60g Deshelled Pistachios

40g DF Dark Ginger Chocolate, about 4 squares (*optional)

125ml Aquafaba (chickpea brine!)

120g Unrefined Golden Cane Sugar

1 tsp Vanilla paste

340g Self raising Gluten Free Flour*

1/8 tsp Salt

1 tsp Baking Powder (or 2 tsp if you're using a plain GF flour!)

½ tsp Xanthan Gum

50g Dried Unsweetened Cranberries

*NB: *If you're using standard baking flour, you may need less of it.*

Directions

1. Place the nuts onto a chopping board and roughly chop them. If using, place the chocolate onto the chopping board and chop it into small pieces. **Tip:** We'd recommend that you chop these ingredients smaller than we have shown here!
2. Open and drain the chickpeas into a colander over a large bowl, reserving the brine. Remove ½ cup of the brine (the aquafaba!) and transfer it into a food processor. Add the sugar. Process until it's uniform in colour and 'frothy'. Add the vanilla paste. Pulse to combine.
3. Place the flour, salt, baking powder and xanthan gum into a large mixing bowl. Stir to thoroughly combine.
4. Preheat the oven to 180°C/350°F. Line a baking tray with a sheet of parchment paper.

5. With the food processor running, add the flour mixture a little at a time until all of it has been added and the mixture comes together, forming a slightly tacky dough.
6. Using a spatula, transfer the dough into the mixing bowl. Add the nuts, chocolate (if using) and the dried cranberries. Use your spatula and fold the ingredients evenly throughout the dough.
7. Transfer the dough onto a lightly floured surface. Gently roll it out into a long and narrowish log about 12" X 3½". Transfer it onto the baking sheet. Place the tray onto the middle oven shelf. Bake for 25 mins.
8. After 25 mins, **reduce the oven temperature to 160°C/325°F** and then remove the baking tray. Place it onto a cooling rack and allow the dough to cool for 10 mins.
9. Transfer the 'cooled' dough onto a chopping board. Using a sharp or segregated knife (we used a bread knife!), gently cut it into about ½" thick slices (diagonally). ***NB:** We got about twelve pieces.* Place the slices back onto the baking tray (cut-side down).
10. Place the tray back into the oven and bake for 8-10 mins. Remove the tray and turn the pieces over. Place the tray back into the oven. Bake for a further 8-10 mins or until lightly tanned and crispy. Remove. Transfer onto a cooling rack and allow them to cool completely before eating.
***Tip:** You may have to adjust the baking times; we baked ours for 10 mins on each side, but would definitely aim for 7-8 mins next time (as least with our gluten free bakes!). All of our 'standard flour' bakes have cooked perfectly at the recommended times!*

Enjoy!

Notes:

- Store your spare biscotti in an air-tight and resealable container; it's best consumed within 7 days. Alternatively you can individually wrap the biscotti in kitchen film and then store them in an air-tight container or freezer 'baggie'; freeze for up until 2-3 months and defrost thoroughly before eating and enjoy in moderation!
- Chocolate can be a messy business! After baking it smears and although delicious, it looks rather unsightly! Try omitting it from the dough and then dipping one of the baked (and cooled) biscotti ends into some melted chocolate instead; it could then cool and set in the fridge and not all over our hands!
- We think that combination of xanthan gum and the aquafaba worked a treat. The biscotti (when sliced) slightly crumbled on the ends, but we think that this was possibly down to the fact that there were a few too many added ingredients and/or our GF is predominately rice-based. ***NB:** Adjust the quantity of ingredients as you see fit.*
- As gluten free products go, they do not turn into saw dust and have a good crunch, but maybe they need one to two minutes less in the oven?
- For an overall darker colour, try baking them with a darker sugar and/or spices!