

## Nonna Elda Cooks Ciambelle Ciociare

SERVINGS: 45

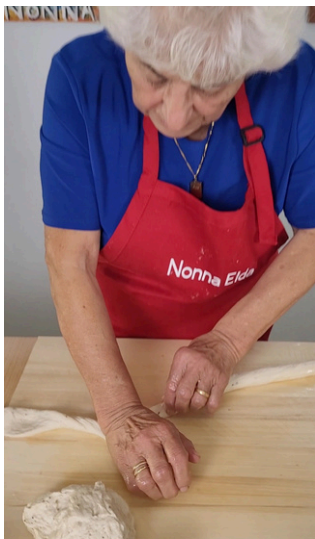
PREPPING TIME: 3-4 HOURS

BAKE TIME: 15 MINUTES

### Ingredients

- 5 kilo all purpose flour
- 2 tbsp yeast mixed with two cups warm water
- 5 tbsp salt
- 1 cup anise seeds
- 2 eggs
- 6 cups warm water to start dough, then more water





I HIGHLY RECOMMEND  
WATCHING OUR VIDEO  
THE TWIST IS A BIT  
COMPLICATED

## Directions

1. Warm water on stove, add 2 cups warm water to 2 tbsp yeast let sit until frothy about 15 min.
2. Rinse your anise seeds
3. Add your ingredients and begin to mix in a very large bowl.
4. You will need to add more warm water as you work the dough, lift the dough and add the water to the bottom of the dough. Keep working the dough until it is smooth and your hands are clean.
5. Cover the dough in the bowl with a dry heavy cloth, and place in a warm oven to let rise for about an hour.
6. Remove the dough from the oven and remove table cloth. Place a sheet of plastic on top to keep it moist while you're working.
7. Cut a handful of the dough and roll it out into a long snake, then press down and twist to make it twisty. Make a circle shape. Leave on tablecloth to let rise again and continue making circles. You can also make little knots instead of the big twisty circles.
8. When you are done, go back to the first ones that have risen and pull the circle out to be bigger.
9. In a big pot of boiling water, add about a quarter cup of canola oil. Put the ciambella in and boil one at a time until they rise, after they rise flip and let cook another minute.
10. Let dry for a moment on a tablecloth.
11. Bake at 420 until golden