

Recipe 3

Ciambella cake with barley and honey flour from Mondaino



- Plain flour 250 gr
- Barley flour 250 gr
- Sunflower oil 150 gr
- Brown sugar 100 gr
- “Oro del Daino” Honey (preferably acacia) 60 gr
- Egg whites 120 gr
- Whole egg 1
- Skimmed milk 1 small glass
- Grated lemon and orange rind
- Dry yeast 15 gr

Mix all the ingredients together one at a time until you obtain a smooth, consistent dough that with wet hands can be shaped into the classic long shape of the Italian ciambella on a sheet of greaseproof paper. Sprinkle a spoon of sugar over it (kept aside from the above amount). Bake in the oven at 180° for 5 minutes and then lower the temperature to 160° C for 25/30 more minutes, this will ensure the typical shape of the ciambella romagnola.