

ITALIAN ALMOND NUT BARS

Contributed by Rick DeMaria

Italian Nut bars came from Italy where nuts were plentiful. They created paste by grinding down the nuts, adding eggs and flour. These can be chewy when fresh but also enjoyable as time goes on and they harden.

Total dough weight		3.183 kg
Ingredients	%	Kilograms
Total flour	100.00	0.672
Bread flour*	50.00	0.336
Pastry Flour	50.00	0.336
Sugar	169.00	1.135
Almond paste	67.60	0.454
Eggs	67.60	0.454
Almonds, toasted	67.60	0.454
Salt	2.00	0.013
Totals	473.80	3.183

*Protein 11.5% to 12%

Process Notes

1. Cream together sugar, almond paste and salt for 2 minutes.
2. Scrape the bowl.
3. Slowly add eggs.
4. Sift the pastry flour and bread flour together twice.
5. Add the flour mixture.
6. Add toasted almonds until distributed.
7. Chill dough for 15 minutes.
8. Scale into 340g pieces and shape similar to biscotti.
9. Bake at 375°F for 18 to 20 minutes.
10. Let cool.
11. Cut into 1" slices.