



Pinolate are round pastries made with almonds and pine nuts. They are a Christmas speciality, a season in which food gets richer and people pay less attention to cost, to keep family tradition linked to important celebrations alive. Winter is the season in which it is easy, as well as pleasant, to eat dried fruit. The basic ingredients of many wintertime recipes, linked to religious celebrations, include almonds, walnuts, hazelnuts and pine nuts. Pinolate are round pastries, each about 4-5 cm in diameter, in which equal quantities of chopped almonds and sugar are mixed together with egg-whites, previously beaten until stiff. A pleasant bitter taste comes from the addition of bitter almonds. The name “pinolate” comes from the pine nuts that, whole and ground, are spread over the surface of each pastry and can be savoured before biting into the main body of the cake.

Ingredients: Potato starch, chopped almonds, sugar, egg whites, pine nuts.

Method of preparation: the ingredients (except for the pine nuts) are mixed together by hand in a bowl, until a smooth, soft mixture is obtained. Small, slightly flattened balls are then formed and are put on a baking tray and covered with pine nuts. The pinolate can be cooked in the oven at a medium temperature or they can be left for a day in the laboratory where the oven is located, at a temperature of about 30°C, to stop them from hardening too much.

This is a fresh product and should be kept in a cool, dry place and consumed within a few days.