



BISCOTTI

For Good

Cooking is an expression of love and care. Whether you bake a batch of cookies for yourself, a friend, or a new neighbor, it does good.

While I enjoy a chewy chocolate chip or a warm oatmeal raisin, I prefer the crunch of a biscotti. Even better is the biscotti after a quick dunk in a glass of wine or mug of cappuccino.

Enter my creation of cardamom pistachio biscotti. Most of us probably associate cardamom, native to India, with savory dishes like curry. Yet its hints of citrus, ginger, and mint make the spice an ideal ingredient in baked goods. Cardamom may even have antioxidant and anti-inflammatory properties, among other health benefits.¹

Notes:

1. Streit, Lizzie. "10 Health Benefits of Cardamom, Backed by Science," August 8, 2018. <https://www.healthline.com/nutrition/cardamom-benefits>.



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CARDAMOM PISTACHIO BISCOTTI

Ingredients:

- 1 tablespoon olive oil
- 1 cup shelled, salted pistachios
- ¾ cup sugar
- 2 cups flour
- 1 teaspoon ground cardamom
- 1 teaspoon baking powder
- ¼ teaspoon sea salt
- Zest of one lemon
- 6 tablespoons unsalted butter
- 2 jumbo eggs, lightly beaten

Preheat the oven to 350 degrees. Lightly grease a baking sheet with the oil. Roughly chop half of the pistachios. Place them in a large mixing bowl with the remainder of the whole pistachios. I leave some nuts whole because, when cut, their bright green makes for an attractive presentation.

Add the sugar, flour, cardamom, baking powder, salt, and lemon zest. Mix with a rubber spatula. Cut the butter into small cubes and add to the bowl. Blend the butter into the dry ingredients using your fingers, until the butter is broken into tiny bits. Add the eggs, and mix with the spatula until a sticky dough forms.



Green cardamom pods and seeds

Place the dough on a lightly floured work surface. It may be necessary to add a few drops of water in order to form the dough into a circular mound. Using a serrated knife, divide the dough in half. Place each half on the baking sheet and form into a long rectangular log, about 2 ½ to 3 inches wide, 9 to 10 inches long, and ½ inch thick. Form the logs as uniformly as possible by smoothing and shaping them on the top and sides. Also, leave a few inches in between the two to allow for some rising.

Bake for about 25 minutes, until the logs spring back slightly when pressed. Gently loosen with a metal spatula (the thinnest you have so as not to break the logs apart), and rest for 10 minutes. Then, transfer each log to a cooling rack and let rest for 20 minutes. In the meantime, lower the oven temperature to 300 degrees.

On a cutting board, use a sharp serrated knife (a large bread knife is ideal) to cut the logs on the diagonal into ¾ inch slices. Be sure to push straight down with the knife rather than move it back and forth like a saw. Also, at this point, we make a snack of the rounded ends.

Arrange the slices on the baking sheet, cut side up. Bake for 15 minutes on one side, then turn over and bake for another 15 minutes. Place the slices on a cooling rack. Once fully cool, store in a Ziploc bag or airtight container. We keep ours in the freezer and enjoy a few at a time.

For good results, serve alongside tea or coffee, or with a dessert wine such as Vin Santo.