

Perugian easter cake 'ciaramicola' (Desserts)



Preparation

Put the flour, the egg yolks, lemon zest, sugar and 100g of soft butter cut into small pieces into a bowl. Mix thoroughly, then add 1 cup of alchermes liqueur and the baking powder to form a smooth paste in the shape of a doughnut. Put it in a greased and floured mould. Bake at 180°C for 40 minutes. When almost cooked, cover it with the beaten egg whites and put it back in the oven for 2 minutes. Serve cold, sprinkled with sugared almonds.

Tips

When adding the lemon zest, make sure you use an untreated lemon, wash it well and grate only the yellow part of the peel, avoiding the pith or the white part which is particularly bitter.

Trivia

The name seems to derive from the Italian word 'ciaramella' – a historic woodwind instrument - which evokes the circular shape of the cake. The colourful sugared almonds with which the cake is garnished represent good luck. It is said that in ancient times the girls made 'ciaramicola' at Easter with the colours of the city of Perugia (white and red) so as to remind them of their boyfriends in the city's neighbourhoods.

Information

Preparation 40 minutes

Total Time 20 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Plain flour 500 grams

Egg yolks 3 units

Butter 120 grams (Of which 100g for the cake and 20g for greasing the mould)

Sugar 250 grams

Lemon (½ a lemon)

Liqueur (1 glass of alchermes liqueur)

Egg white 2 units

Baking powder (15g of baking powder)

Sugared almond (Coloured)