



Carob Rusks

20 minutes

Hands on

25

Portion(s)

1

Difficulty



Ingredients

- 120 g olive oil
- 100 g honey
- 100 g granulated sugar
- 100 g red wine
- 100 g orange juice
- grated zest of 1 orange
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 120 g carob flour
- 100 g all-purpose flour

Method

- Preheat oven to 140* C (284* F) Fan.
- Beat the olive oil, sugar, honey, cinnamon and cloves in a mixer, using medium speed and the paddle attachment.
- In a large bowl, combine the orange juice, red wine, lemon zest and baking soda. The baking soda will start to foam as soon as it comes in to contact with the orange juice, so make sure you use a large bowl.
- Mix until completely combined and add the mixture to the mixer. Beat until completely incorporated.
- In another bowl, combine the flour, baking powder and carob flour.
- Lower the mixer's speed and add the flour mixture in batches, until you create a soft dough that does not stick to your hands.
- Do not overbeat the dough because it will harden too much and it will not be easy to knead.
- If you want to make small rusks, knead small loaves and cut into 1 cm slices. Do not cut all the way down.
- Bake for 20 minutes.
- When ready, remove from oven and set them aside to cool.
- Once cool, separate the slices completely.
- Turn down oven temperature to 100* C (212* F) Fan.
- Bake again for 30-40 minutes, until they become dried out like rusks.
- Another way to make the rusks is to shape the dough into a loaf. Cut the slices all the way down. While baking, the slices will separate. The baking time is the same for both methods.

Διατροφικός πίνακας

Nutrition information per 100 gr.

334 Calories (kcal)	12.1 Total Fat (g)	1.8 Saturated Fat (g)	50.0 Total Carbs (g)
17%	17%	9%	19%
21.7 Sugars (g)	4.5 Protein (g)	1.5 Fibre (g)	0.16 Sodium (g)
24%	9%	6%	3%