Happy Easter  Buona Pasqua

From the Dolce Sante Committee

Every year our wonderful Dolce Sante Ladies make Traditional Calabrian Easter sweets for our Care Recipients and Community - Sguti.

History

Traditionally, the women would make for their family—especially the children in the week leading up to Easter. The Dulce Sante Ladies told me how they remember their Mother making them at least a week before Easter. However, they weren’t to be eaten until Easter Monday at a special picnic with Easter leftovers.

If you were Engaged, your Mother would make yours in the shape of a heart. They can be made individually or larger for table centre pieces (see photo) or in any shape for example, a rabbit or basket.

This year in our Community Kitchen we had (from L to R) Flavia Tropeano, Rosa Aloi, Annamaria Sghlrripa, Pina Deguisa, and Pina Russo, making over 200 Sguti for both our Community and Residential Care Recipients. Buon appetite!!

Recipe for Sguti

Ingredients

- 6 eggs (raw at room temperature)
- 1 1/4 cups of sugar
- Zest of lemon/orange
- 1 1/4 cups of vegetable/canola oil
- 1 Kg self raising flour
- Dash of vanilla essence

Method

Beat sugar and eggs until they are a pale colour, light and airy. Add zest of lemon/orange, oil and vanilla essence. In a large bowl, mix in flour by hand to a soft dough – lightly otherwise your dough will be tough (you may not need the entire 1Kg).

Knead into a large workable ball.

Take small amounts of dough and roll into long strips.

Circle around the egg and end with a decorative twist.

Decorate with sprinkles/sugar if desired.

Brush with egg and milk wash.

Bake for 20-25 minutes at 160°C until golden (this will ensure that the eggs are cooked through).

Makes approx. 20 small Sguti.