

Farinha torrada - Fisherman Bar Cookies

By Jeremiah Duarte Bills

Farinha Torrada is a traditional confection from the town of Sesimbra which is located just south of Lisbon. These rich and dense cookies are traditionally enjoyed by fisherman to sustain themselves during their journeys at sea. Their name literally translates to “toasted flour” but they contain brown sugar, chopped chocolate, lemon zest and spices. These can be enjoyed on their own or dipped into coffee or Port wine.



Dicas (tips):

- Use your favorite dark chocolate to contrast with the sweetness of the brown sugar.
- I prefer to chop the chocolate from a bar instead of using chips. The variation in size creates a more moist cookie. Use whatever you prefer.
- Once mixed the mixture will seem too crumbly but have faith that once they are baked they hold together beautifully.
- If you like a softer cookie bake less or bake more if you like a crisp texture.
- You may adjust the amount of lemon zest or spice to your liking.

Equipment:

- Large bowl
- Zester
- Large spoon
- 8 inch by 8 inch/20 cm by 20cm light metal baking pan
- Parchment paper
- Whisk or fork
- Small knife
- Serrated knife
- Cutting board
- Cooling rack

Makes 9 generous servings

Ingredients:

450 grams (3 3/4 cups) all-purpose flour
450 grams (2 1/4 cups, packed) light brown sugar
1 tsp ground cinnamon
1 tsp ground anise (you may omit and use more cinnamon)
1/2 tsp fine sea salt
1 lemon, zested
142 grams (5 oz) dark chocolate, roughly chopped
200 grams (4 large) eggs

Method:

1. Preheat oven to 350F/180C. Grease and line a 8 inch by 8 inch/20 cm by 20cm light metal baking pan with parchment paper so that the parchment paper creates a sling.
2. Mix all of the ingredients except for the eggs in a large bowl with a large spoon or with your hands.
3. Whisk eggs together in a small bowl and then add to the flour mixture.
4. Using a large spoon or your hands mix so the eggs are evenly distributed and the mixture evenly moistened.
5. Place into baking pan and level without packing the mixture down. It's very important not to press down while leveling the mixture.
6. Bake for 40 to 50 minutes or until a tooth pick comes out mostly clean when inserted into the center. When pressed lightly with a finger, underneath the surface will still feel a little soft. You may adjust the baking time shorter or longer for a softer or dryer texture.
7. Cool for 10 minutes in the pan on a cooling rack.
8. Using the parchment sling remove from the pan and place on a cutting board.
9. Cut into squares or rectangles using a serrated knife. Allow to cool completely before enjoying.
10. Store leftover pieces in an airtight container.