



Torta di Noci

The story of walnut cake in the Alps is closely tied to the region's culinary traditions, resourcefulness, and local ingredients. While walnuts aren't native to the highest alpine regions, they thrive in the lower foothills and valleys where the climate is suitable, and are featured in a variety of dishes, both savory and sweet. The walnut cake itself is often made with simple ingredients like walnuts, eggs, sugar, and sometimes honey or spices like cinnamon. It's a perfect example of rustic, homey baking, with variations often depending on the region or family tradition.

In modern times, Torta di Noci has become a symbol of mountain hospitality. It's often served with coffee, tea, or after a meal as a dessert. In many regions, it's part of the tradition of offering guests homemade cakes during the colder months, when comfort food and warmth are most appreciated.

Recipe— Torta di Noci

Makes a 20 cm / 8" cake

Ingredients

130g / 4.5 oz / 1½ Cup	chopped walnuts
80g / 2.8 oz / ⅔ Cup	All-Purpose flour
100g / 3.5 oz / 7 Tbsp	butter (salted), softened
100g / 3.5 oz / ½ Cup	granulated sugar
2 tsp	baking powder
2 large	eggs

Method

- [1] Preheat the oven to 180°C / 350°F / 160°C fan; grease & flour a 20 cm / 8" round cake pan, or line with parchment paper
- [2] **Prepare wet ingredients**— in a bowl, beat the softened butter & sugar together until creamy and light; add the eggs, one at a time, and continue to beat until smooth (cream)
- [3] **Combine dry ingredients**— in another bowl, sift together the flour & baking powder
- [4] Gradually fold the dry mixture into the butter & sugar mixture, ensuring it's well incorporated
- [5] Pour the batter into the prepared pan and smooth the top; bake for 25–30 minutes or until golden brown and a toothpick inserted into the center comes out clean
- [6] Allow the cake to cool in the pan for 10 minutes; transfer to a wire rack to cool completely— once cooled, dust with powdered sugar if desired

Tips & Tricks

- Try adding a bit of vanilla extract, or a touch of lemon zest, for added flavor.
- Make it Gluten Free by substituting the flour with a gluten-free flour blend.