

Tiramisu

by Chef Brian Henry

Tiramisu has become one of the most popular desserts served in restaurants of all types, not just Italian restaurants. The recipe has been adapted into cakes, puddings, and other varieties of dessert.

The savoiardi are briefly soaked in espresso with the optional addition of brandy or sugar. They are layered with a mixture of mascarpone cheese and zabaglione-custard made from egg yolks, Marsala, and sugar. Cocoa powder is then sprinkled on top.

2 cups of strong black coffee
1/2 cup Marsala, 4 eggs (separated)
1/4 cup caster sugar, 500g mascarpone
300 ml lightly whipped thickened cream
2 packets of sponge fingers (Savoiardi)
Cocoa (for dusting), chocolate flakes
Strawberries for decorating (optional)

The Tiramisu is made by pouring the coffee and Marsala into a shallow dish. Set aside and keep refrigerated. Beat the egg yolks and sugar in a large bowl with electric beaters until pale and thick. Add mascarpone and mix well with an electric beater. Then add whipped cream. Using a wooden spoon, mix gently until just combined. Refrigerate the mascarpone mixture. Beat egg whites in a medium bowl with electric beaters until soft peaks form. Using a wooden spoon, gently fold egg whites into the mascarpone mixture. Dip enough biscuits into the coffee mixture to cover the base of a ceramic dish. Cover the Lady Fingers with 1/3 of the mascarpone mixture. Repeat layers 2 times, ending with the cream. Cover with plastic wrap and refrigerate for at least 6 hours. Dust generously with cocoa, decorate with chocolate flakes and serve.



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