

# Sunvil Supper Club

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February 2014 - Tiramisù



## Ingredients

750 g Mascarpone cheese

6 Eggs

3 Packets Savoiardi biscuits

4 Tbsp Sugar

Percolated Espresso Coffee

Bar of Plain chocolate

Marsala / Brandy (optional)

## Method:

Make a pot of espresso coffee. When percolated add 2 tablespoons of sugar and several drops of Marsala wine. Leave to cool.

Separate the yolk and egg whites in to two bowls. Whisk the yolks with 2 tablespoons of sugar and then add the Mascarpone cheese. Whisk the egg whites until stiff peaks form and fold in to the cheese mixture.

Pour a thin layer of the mixture onto the bottom of a tall tin (c.12 inch square dish with 4 inch depth). Sprinkle the mixture with grated chocolate or chocolate pieces.

Pour the cold coffee into a bowl and then briefly dip in the Savoiardi biscuits. Don't leave the biscuits in the coffee for long or they will become too soggy.

Place a layer of the biscuits on top of the cheese mixture without leaving any gaps. Then pour more mixture on top followed by the grated chocolate. Continue to build the layers until you run out of mixture.

Tiramisù is a sweet dessert that originates from Italy. There are mixed views on exactly when and where in Italy the cake originated but many believe that it was first created in the late 1600s in Siena, Tuscany. This is where, in fact, I first came across the recipe from a fellow student during my time at the Sieneese University. The dessert was supposedly prepared in honour of the state visit of the Grand Duke Cosimo III de Medici. Known as 'Zuppa del Duca', the Duke's pudding, it was a great success, especially among courtesans, who found it to be both stimulating and aphrodisiac. Over time they took to calling it Tiramisù, 'pick-me-up'. Whatever its origin, today this rich and decadent creamy dessert, has become a favourite Italian cake enjoyed worldwide.

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