

The Tiramisu



Serves :

6-8



Prep :

40 min.



Rest :

Freezing : 30-45 min.
Refrigeration : 12h



Cook :

Temperature : 356°F
Time : 10 min.

Special equipment

Square pan measuring 23x23 cm - Depth 6 cm

Round nozzle with a diameter of 16 mm

List of recipes

- ✓ Ladyfingers
- ✓ Strong coffee
- ✓ Tiramisu cream



Steps

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Let it cool down
- ☞ **Making of ladyfinger biscuits** Page 3
Bake for 10 minutes at 180°C/356°F
- ☞ **Making of Tiramisu cream** Page 4
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Store in the refrigerator for at least 12 hours.

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The ladyfingers

Ingredients

- ☑ 100 g ~ Superfine sugar
- ☑ 4 ~ Whole eggs
- ☑ 50 g ~ Pastry flour
- ☑ 50 g ~ Cornstarch
- ☑ Powdered sugar as needed

To obtain about forty biscuits :

Start by determining the length of the biscuits needed based on the size of the Tiramisu dish.

In this example, a square dish of 23 cm on each side and 6 cm deep is used.

For 23 cm, we will use 2 biscuits of about 11 cm. (leaving 1 cm of space)

Then, knowing that the biscuit will elongate by about 2 cm during baking, draw 2 strips of 9 cm width on a baking sheet.

- Prepare 100g of superfine sugar in a bowl.
- Separate 4 eggs (whites in the bowl of a stand mixer and yolks in a separate bowl).
- Whip the egg whites on medium speed. When they become frothy, add 1/3 of the sugar (about 35g).
- Then gradually increase the speed and add the remaining sugar in two batches. When making the final addition, whip the egg whites on high speed until they are stiff.
- Add a little bit of the egg whites to the yolks and mix with a spatula.
- Pour all of the yolks into the egg whites.
- Quickly mix with the stand mixer/whisk (for about 20 seconds) on medium speed.
- The mixture should be homogeneous and very airy.
- Sift 50g of flour and 50g of cornstarch onto the mixture.
- Gently mix with a spatula, being careful not to deflate the egg whites. The mixture should be homogeneous.
- Transfer the mixture to a pastry bag with a round tip (16mm).
- On a baking sheet, place a small dot of the mixture at each of the four corners (this will act as glue). Then place the baking sheet with the 9cm strips.
- Use the strips as guides to pipe the biscuits (9cm long) while spacing them 2-3 cm apart.
- Generously sprinkle the biscuits with powdered sugar.
- Bake at 180°C/356°F with fan-forced heat for 10 minutes.
- Allow to cool before removing. By the way, it is the parchment paper that should be removed and not the biscuit to avoid breakage.
- This should yield about 40 biscuits that are approximately 11cm long.



The Tiramisu cream

Ingredients

- ☑ 500 g ~ Mascarpone
- ☑ 6 ~ Extra fresh eggs
- ☑ 100 g ~ Superfine sugar
- ☑ Cocoa powder as needed
- ☑ 2-3 tbsp of Amaretto liqueur

- +

- ☑ 40 cl ~ Strong coffee

- We will need 500g of room temperature mascarpone cheese.
- The mascarpone should be drained!
- Place the mascarpone in a bowl and soften it using a spatula by working it a bit.
- Separate 6 extra-fresh eggs. Place the egg whites in the bowl of a stand mixer and the yolks in a separate bowl.
- Add 50g of superfine sugar to the egg yolks and, using an electric mixer, whisk the yolks until they become frothy and light. The mixture should be foamy.
- Add the mascarpone cheese and some Amaretto or Marsala (2-3 tablespoons - optional) to the egg yolks.
- Mix with the mixer until you obtain a homogeneous and airy mixture. Be careful not to overbeat it as it could become liquid!
- Set aside in the refrigerator.
- Add a pinch of salt to the egg whites, then, using the stand mixer, whisk them on medium speed.
- Gradually increase the speed until they start to become firm.
- When they are firm, add 50g of superfine sugar and whisk on high speed for about 20 seconds. The egg whites should be stiff, shiny, and smooth.
- Add the egg whites to the egg yolk mixture in 2-3 additions and fold gently without deflating the mixture.
- The mixture should be homogeneous, firm, and airy.



Assembly

- Prepare a strong coffee (40 cl or 400 g). It should be lukewarm or cold.
- Dip the ladyfingers completely and quickly. The biscuit should not be soaked through.
- Then place them in the dish.
- Create a first layer of biscuits.
- Sprinkle this first layer with cocoa powder (100%).
- Pour half of the cream onto the biscuits.
- Using an angled spatula or a large spoon, spread the cream evenly.
- Add a second layer of soaked biscuits and sprinkle with cocoa powder once again.
- Pour the remaining cream and smooth the top.
- Cover with plastic wrap and refrigerate for at least 12 hours.

- To easily remove the plastic wrap, I recommend putting the Tiramisu in the freezer for 30 to 45 minutes!
- Dust with sifted cocoa powder before serving.



❖ Eggs raw / cooked ?

The recipe presented here, which uses raw eggs, is the closest version to the original recipe.

As we are using raw eggs, it is imperative that they are extra fresh and organic!

However, to minimize the risk of food poisoning, some people prefer to prepare a Tiramisu with cooked or sterilized eggs.

Here is a solution for preparing a Tiramisu with cooked eggs :

- ✓ Making a sabayon (mix of egg yolks cooked in a bain-marie).
- ✓ Making an Italian meringue to sterilize the egg whites.

To make the sabayon, simply whisk the egg yolks and sugar (20 g) over a bain-marie (simmering water), until the mixture thickens. It should double or even triple in volume in 4-5 minutes. Continue whisking it outside of the bain-marie until it cools down. Add the mascarpone and whisk it as in the original recipe. The mixture should have a creamy consistency.

Then, make an Italian meringue:

- To make the Italian meringue, cook 70g of superfine sugar with 10g of water in a saucepan over medium heat. You need to reach a temperature of 116-118°C/241-245°F.
- In parallel, when the temperature reaches 100°C/212°F, whisk the egg whites using a stand mixer (increase the speed gradually).
- Add 10g of sugar gradually to stiffen the whites.
- When the sugar reaches 116-118°C/241-245°F, remove the saucepan from the heat and wait a few seconds until the sugar stops bubbling (this is just for safety, to reduce the risk of splatters).
- Pour it slowly onto the stiff egg whites, then beat at high speed until completely cooled (10-15 minutes). The meringue is ready when it becomes satin and forms a beautiful "bird's beak".
- Gently fold the Italian meringue into the mixture of mascarpone and sabayon, being careful not to deflate the whites.

The process remains the same for the rest.

❖ I don't like coffee :

There are variations such as strawberry tiramisu. It's ultra-fresh and light! For this, skip the coffee and cocoa. Make a strawberry juice in which you will soak your biscuits.

Cut the strawberries into quarters, then put them in a dish. Drizzle the strawberries with lemon juice and sugar. Crush the strawberries with a fork. Spread this compote on the biscuits...

On top of the tiramisu, place a few sliced strawberries...