

Tiramisu

Ingredients for 1 cake (8 servings)

1 (9") chocolate sponge cake;
cut into three horizontal layers.

Pan needed: 10" spring pan

Espresso syrup:

$\frac{2}{3}$ cup granulated sugar

$\frac{1}{2}$ cup water

1 cup very strong brewed espresso coffee

$\frac{1}{2}$ cup Amaretto liqueur

Zabaglione filling:

3 large egg yolks

$\frac{1}{3}$ cup icing sugar

$\frac{1}{3}$ cup sweet Marsala wine

$\frac{1}{2}$ pound Mascarpone cheese at room temperature

$\frac{2}{3}$ cup whipped cream

Decorations:

Unsweetened cocoa powder

24 (more or less) Savoiardi Italian cookies

Preparation:

For the syrup, combine the sugar and water in a saucepan and bring to a boil. Cool and stir in the espresso coffee and liqueur.



For the zabaglione filling, beat with an electric hand beater the egg yolks in a bowl with the icing sugar and Marsala wine.

Whisk over a pan of simmering water until thickened. Remove and beat, either with a hand mixer set at medium speed or in a heavy-duty mixer fitted with the whip, until cold.

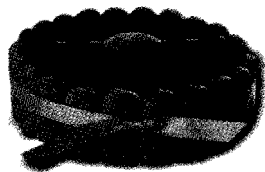
Stir and mash the mascarpone in a bowl with a rubber spatula until it is smooth. Fold in the zabaglione. Fold in the whipped cream.

Place the bottom slice of the sponge cake in the bottom of a 10" spring pan and sprinkle the top with a little of the syrup, using a brush. Spread with $\frac{1}{3}$ of the filling. Repeat with the sponge cake, syrup and filling for the two more layers.

Spread the balance of the mascarpone mixture on the top and around the cake.

On one side only: Dip the Savoiardi in the syrup mixture, to just wet very little on one side, and place them all around the cake.

Sprinkle plenty of cocoa on the top of the cake, close (tighten) the spring of the pan and refrigerate cake at least 12 hours before serving.



Cuisine and Wines of Italy Reg.

Maria Novati

