

Italian Tiramisu

Printed from Trifle Recipes at <http://www.triflerecipes.co.uk/>

This is the Italian version of our trifle, made with lots of eggs, mascarpone cheese and rich espresso coffee. This is definitely not for the faint-hearted!

Ingredients:

9 eggs, separated
9 tbsp. caster sugar
400g mascarpone cheese
4 shots of plain Sambuca
1 cup of strong espresso, cooled (or use 3 or 4 tsp. of high quality instant coffee dissolved in hot water)
30 sponge fingers
1 vanilla pod, beans removed
Cocoa powder to dust

Directions:

1. Whisk the egg yolks with the sugar until they're smooth and pale. Add the vanilla beans and then fold the mascarpone into the egg yolk mixture until completely smooth. Add in half of the Sambuca and mix again.
2. In another clean bowl, whisk the egg whites until completely smooth and stiff. Fold them into the mascarpone mixture. The mixture will now be light and smooth.
3. Mix the remaining Sambuca with the espresso and pour it into a shallow dish.
4. Dip the sponge fingers into the espresso and arrange a single layer in a shallow serving dish.
5. Spoon over half of the egg white and mascarpone mixture and then repeat the layers, ending with a layer of the mascarpone mixture.
6. Chill the tiramisu for four or five hours. To serve, cut the tiramisu into portions and dust with cocoa powder.

Author: Laura Young