

Tiramisu Recipe

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

Chef's Notes

If you don't have an espresso machine, the next best thing to do is to prepare the "espresso" through a French press. I found that it tastes much better than brewed coffee.

Instead of using egg whites, you can replace them with whipped cream.

For a stronger coffee, use about 3 heaping tablespoons of coffee beans.

The total time excludes the refrigerating time for the Tiramisu.

Step 1: Preparing the French Pressed Coffee

- 1 cup water
- 2 heaping tbsp coffee beans
- 3/4 cup Marsala or Kahlua liqueur

To make the French pressed coffee, bring the water to a boil, turn off heat and let rest for 5 minutes.

In a coffee grinder, grind the coffee beans until they have the consistency of rock salt. Place the ground beans into a french press, add the water and cover.

After 5 minutes, push down the plunger gently and pour the coffee onto a wide container. Allow to cool, then add the liqueur.

Step 2: Making the Zabaglione Mixture

- 4 large egg yolks
- 1/3 cup caster sugar
- 1/3 Marsala or Kahlua liqueur
- 500 g Mascarpone cheese

To prepare your mise en place, first fill a large pot half full. Bring to a just a boil and then lower the heat to a gentle simmer. Separate the yolks from the egg whites into different bowls. Next, prepare an ice bath and set aside.

To make the zabaglione, combine yolks and the sugar in a heat-proof bowl then place over a pot of gently simmering water and whisk the mixture until pale. Slowly add Kahlua to the mixture while whisking and whisk for about 10 minutes or until tripled in volume and mixture holds a ribbon trail. Cool the mixture onto an ice bath.

Place the mascarpone cheese in a bowl and beat with a wooden spoon until smooth and creamy or just until it has lightened in consistency.

When the zabaglione has cooled down, fold this into the mascarpone mixture until combine. Cover and set aside in the fridge.

Step 3: Gathering your other Mise en Place

- 36 to 40 Italian lady fingers

Before assembling the tiramisu, gather the lady fingers, the espresso mixture, a 7 1/2" x 10 1/2" -inch glass baking dish, a rubber spatula, a small knife and a small chopping board.

Step 4: Whisking the Egg Whites

- 4 large egg whites

In a separate bowl, whisk the egg whites until soft peaks form or the peaks of the whites droop slightly. Bring out the zabaglione mixture from the refrigerator and fold into the egg whites.

Step 5: Assembling the Tiramisu

To assemble the tiramisu, dip each lady finger into the espresso mixture. Allow each lady finger to completely soak but remove immediately so they are wet on the outside but still somewhat dry inside. Shake off excess liquid and place onto the baking dish. Continue with the rest of the lady fingers until the first layer has been completely covered. You may need to cut the other lady fingers into smaller pieces to cover any holes.

Next, cover the lady fingers with three-quarters of the cheese mixture. Spread it evenly to cover.

Add the second layer of the lady fingers and finish with the rest of the cheese mixture, spreading it out evenly.

Place toothpicks on top of the tiramisu and cover the baking dish completely with plastic wrap. Refrigerate for 5 to 6 hours before serving.

Step 6: Serving the Tiramisu

- cocoa powder or dark chocolate shavings (to garnish)

To serve the tiramisu, remove the plastic and the toothpick. Divide the tiramisu into 8 to 10 square pieces and place onto a chilled plate. Dust with cocoa powder or with chocolate shavings and serve.