Tiramisu

NIBBLEDISH CONTRIBUTOR

Ingredients

Savoiardi

115g high protein flour
6 eggs, seperated
170g caster sugar
few drops of white vinegar / lemon juice
85g cornstarch

Mascarpone Filling

6g gelatine powder
170g baileys (Kahlua, Tia Maria, Sweet Marsala can be used)
6 egg yolks
170g caster sugar
400g whipping cream
200g mascarpone cheese
250g cream cheese

Instructions

Savoiardi
Method
1. Sift the flour.
2. Whip egg yolks and 1/3 of the sugar at high speed until light and creamy.
3. Add half of the remaining sugar, along with the vinegar or lemon juice to the egg whites. Whip the egg white mixture at high speed until it is foamy and has tripled in volume, about 2 minutes (depending on type of mixer)

4. Combine the remaining sugar and the cornstarch. Gradually add this to the egg white mixture and whip to stiff peaks.
5. Fold in the reserved egg yolk and sugar mixture, and then fold i the sifted flour.
6. Place batter in a pastry bag with 10mm round tip. Pipe batter into desired shape.
7. Bake at 220 C for about 6-8 minutes or until golden brown. Once removed from oven, sprinkle some caster sugar on baked ladyfingers to retain moisture.

Method

1. Sprinkle gelatin powder over 60ml water. Reserve
2. Combine egg yolks, sugar and remaining liqueur in a bowl. Set over bain marie and whisk constantly till the mixture has thicken to sabayon consistency (Thick, creamy and coats the back of wooden spoon like soup).
3. Remove from heat and continue to whip at medium speed till cool to touch. Refrigerate.
4. Whip whipping cream to stiff peaks. Reserve.
5. Mix mascarpone and cream cheese, beat till lump free. Add in egg mixture to it, followed by whipped cream. Heat the gelatin mixture to dissolve. Quickly stir the gelatin into a small portion of the cream mixture to temper. Still working rapidly, add this to the remaining mixture. Use immediately.

Assembly

1. Set a ring mould to 9inches. Line the ladyfingers around the side to form a wall; kindathing. Place a base into it. If it doesn't fit, cut the edges.
2.Brush strong coffee over the base and pour in half of mascarpone filling. Sift cocoa powder over the filling.
3.Top with another layer of ladyfinger sponge, brush with strong coffee. Pour in the rest of filling and put in refrigerator to set for about 4 hours.
4. Before serving, remove the ring mould and sift more cocoa powder on top.