

Tiramisú

Meaning *Pick-Me-Up*, this famous dish has been re-invented many times. This is the original recipe – simple, light and alcohol-free. Cinque-cinque-cinque (5-5-5)

Lara with her freshly made Tiramisú at Trattoria La Torre in Siena

Ingredients

500g mascarpone
5 eggs (separated)
5 tablespoons caster sugar
1 packet sponge fingers (200g)
Strong black coffee
Cocoa powder (approximately 2 tablespoons)

Serves 12



Whisk the egg yolks with the sugar until they are pale and fluffy. Add the mascarpone – either using a whisk, beater or a wooden spoon. Whisk the egg whites until they form soft peaks and fold them into the mascarpone mixture using a metal spoon. Dip the sponge fingers into the coffee and lay them in individual dishes or a large, shallow serving dish. Spoon or pour the mascarpone over the sponge fingers.

Sift a thin layer of cocoa powder over the top and place in the fridge for a few hours before serving.

Tiramisú can easily stand alone. However, a carefully selected wine will enhance any dish.

Wine Suggestions and Notes

A good match for Tiramisú is **Moscato d'Asti**. The Moscato variety has been cultivated in the Asti area since the 13th century.

Giovan Battista Croce, a Milanese jeweler who moved to Turin at the end of the 16th century, is regarded as the "father" of Moscato d'Asti. A noted goldsmith and jeweller to Duke Carl Emmanuel I of Savoy, Croce was also the owner of a vineyard between Montevecchio and Candia in the Turin hills where he conducted experiments with various training systems in order to improve quality. In his cellar, he perfected the techniques of making sweet, aromatic wines with low alcohol levels. In 1606, he published his findings and conclusions in a small book with the title, *Of the Excellence and Diversity of Wines That Are Made on the Mountain of Turin and How to Make Them*.

In producing Moscato, the grapes are separated from the stalks immediately before pressing and the must obtained is vinified off the skins. The next step is to form the so-called "coperta" and to treat the must to clean and disinfect it. The first filtration is carried out and the process is repeated regularly so that the wine remains sweet. Natural Moscato can be consumed as it is or it can be turned into a sparkling wine.

In Italy Tiramisú is often served with **Vin Santo**. Vin Santo has been produced since the 14th century in Tuscany. Even before the 14th century, a similar wine, called Vin Pretto (or 'pure wine') was produced here.

Vin Santo has always been known as the wine of friendship and hospitality. No household, whether poor or rich, was ever without it. It was served at any time of the day, although most people preferred it at the end of a meal. Today, Vin Santo is still considered to be a symbol of tradition because it is produced using age-old methods: from the selection of the best grapes to their drying on mats and racks; from the preservation of the grapes in ventilated garrets to the extended ageing of the wine in small barrels called "caratelli."



Stockists and further information

Australia

- An excellent Australian limited release Vin Santo is made by [Pizzinis in the King Valley](#).
- Low in alcohol, light and fruity, [Brown Brothers](#) moscato is also worth trying with your Tiramisú. Also available in the UK through Everywine.

UK

For an interesting range of Italian wines and other produce take a look at Rare & Organic:



Dedicated to the search for quality, sustainable practice and integrity of provenance in food and wine. Delivery is national and overnight for a flat fee of just £6.50. Most of Rare & Organic's products are sourced directly from Italian producers but they have a growing range from other countries, including France and Britain - always bought directly from the producer. [Rare & Organic](#) was founded by Cinzia Long and James MacNay on the simple principles that when a small producer becomes organic he does so out of passion, and that the producer who cares the most is the best.

Food and Wine Events in East Anglia



Born and educated in London, Sue Humphrey has lived in Norfolk for thirty years. From an early age her father encouraged her interest in food, and many a happy Sunday afternoon was spent in the kitchen together perfecting the art of the Victoria Sponge cake!

Occasionally wine was served at the dinner table and Sue was allowed a very small glass, but not without first evaluating its aromas and flavours.

From such beginnings, passions develop... After many years experience in private catering and the retail wine trade, Sue decided it was time to start her own business.

She conducts wine tastings, for groups and organizations, which are informal and informative in style and with the emphasis on the enjoyment of food and wine matching. Sue also offers private catering – celebrations being a speciality.

For more details please contact Sue at:

[Food and Wine Events](#)

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