

## Carly's Chocolate & Caramel Tiramisu

Tiramisu originated in the Northern part of Italy. The word Tiramisu means "Cheer me up" or "Pick me up". It is a coffee-flavored Italian dessert. It is made of ladyfingers (savoiardi) dipped in coffee, layered with a whipped mixture of eggs, sugar and mascarpone cheese, flavored with cocoa.

This dish can be made without eggs. Simply substitute with ricotta cheese or whipping cream, although not authentic is also delicious.

### INGREDIENTS:

- 6 Large eggs (free range and/or organic)
- 3 Tablespoons super fine sugar
- 2 tsp Vanilla extract
- 1 lbs Mascarpone cheese (2- 8 oz containers)
- 2 Cups cooled Espresso
- 3 Teaspoons of Sweet marsala (Vin Santo, Dark Rum, Amaretto, or Kahlua can also be used)
- 24 Lady fingers biscuits (maybe more depending on your dish.... also known as Savoardi or di fonn)
- 1 Cup Caramel or dulce de leche (optional)
- 1/2 Cup good quality dark chocolate for shavings... not necessary, but adds an element and an aesthetic.
- Cocoa powder for dusting

### DIRECTIONS:

1. Begin with brewing the coffee so it can cool off. Set aside. Once cooled add the liquor of your choice.
2. Separate the 6 eggs yolks from the whites. BOTH will be used.
3. Mix the 6 egg yolks with 2 Tablespoons of sugar. Beat until thick about 5 minutes.
4. Add Mascarpone into the egg yolk /sugar mixture. Mix until combined. Add 3-4 tablespoons of the coffee/liquor mixture.
5. Beat the 6 eggs whites with 1 Tablespoon of sugar until thick and foamy. DO NOT over beat. Only 1/2 this mixture will be used.
6. Using a spatula gently fold in 1/2 of the egg yolk, sugar, mascarpone mixture into the egg whites sugar mixture. You can eyeball this – it doesn't have to be exactly 1/2.
7. In a separate bowl or shallow dish pour the cooled coffee/liquor.
8. In a 9 x 13 glass dish (a small trifle bowl can also be used). Arrange the first layer of cookies. Make sure they are as little gaps possible between the cookies. If you need to break or cut a cookie in 1/2 do so ...it needs to fill the pan.
9. Once the cookies are arranged take each one at a time and dip into the coffee... rolling it over 1 1/2 times DO NOT SOAK... they will fall apart.
10. Place each soaked Lady Finger back on the dish sugar side down.
11. Spread evenly the first layer of egg yolk mascarpone mixture with an offset spatula – try not to leave any gaps.

12. Dust the top of the first layer with cocoa powder so it is completely covered. Optional: you can use some fine shaved chocolate too.
13. Repeat step 10 with Lady Fingers.
14. If you want to use the caramel sauce us it now on the last layer of Lady fingers. POUR on top and spread with an offset spatula. If you find the Caramel is not liquid enough warm the spatula... this will help spread the Caramel easier.
15. Spread the remaining mixture of egg white/ mascarpone on top once again with an offset spatula.
16. Finish off with dusted cocoa powder and chocolate shavings.
17. Cover with plastic wrap and place in fridge to set. Minimum is 4 hours, best results is 24 hours.

FYI:

1. **Vin Santo** (or **Vino Santo**) is a viscous, typically sweet dessert wine made in Italy, predominantly in Tuscany. The wine is loved for its intense flavors of hazelnut and caramel. When paired with biscotti, **Vin Santo** becomes "Cantucci e **Vin Santo**" which is inarguably Italy's most famous welcoming tradition. It is a dessert wine from Tuscany, made with grapes that have been allowed to dry to concentrate their sugars.
2. **Dulce de leche** is like a creamier caramel. It's made by slowly heating up sweetened condensed milk, whereas caramel is made by heating sugar. **Dulce de leche** is rich and sweet, but not quite as sticky as caramel.