

Blueberry Tiramisu

Classical tiramisu translated into a contemporary portioned version containing our frozen blueberries for taste and decoration.

Biscuit

2 whole eggs
60g sugar
pinch of salt
20g oil
60g flour

METHOD. Whip the eggs and sugar until smooth. Mix gently the oil and sieved flour into the egg mass. Blend the sieved flour gently. Bring the biscuit dough in a small layer in a pre-lined baking tray, 5 mm thick. Bake in a preheated oven at 200°C for about 4 min. Remove from the oven, turn upside down on a baking sheet that is sprinkled with sugar and leave to cool. Shape into the desired form.

Mascarpone mousse

5 egg yolks
5 egg whites
250g mascarpone
10g gelatine soaked in cold water
150g sugar
500g whipped cream

METHOD. Beat up the cream for $\frac{3}{4}$ th and put in the refrigerator. Blend the egg yolk and mascarpone to a smooth mixture. Whip egg white and sugar until stiff. Remove the gelatine from the water, melt carefully by heating gently, add some of the egg yolk mass to the gelatine, blend and add this blend to the rest of the egg yolk mass. Gently stir in the egg yolk mass into the whipped egg white and gently stir in the whipping cream.

Notes

Italian Merengue

250g sugar
125g water
125g egg white

METHOD. Boil the water and the sugar. When the sugar syrup reaches a temperature of 115 °C, start the kitchen aid at full speed and beat the egg whites. When the syrup reaches a temperature of 121°C gently pour the sugar syrup into the beaten egg whites. Keep the kitchen aid beating at full speed for a couple of minutes, then reduce speed and keep beating until the mixture is lukewarm.

Assemblage

METHOD. Put a biscuit in a glass. Add 3 cm of the mascarpone mousse. Add the blueberries. Top with the Italian merengue, sprinkle with powdered sugar and lightly colour (with the kitchen blow torch).



Notes
