

Ladyfingers

INGREDIENTS:

- 5 eggs, separated
- 3/4 cup and 2 tablespoons white sugar
- 1 cup and 1 to 2 tablespoons all-purpose flour
- 1/2 teaspoon baking powder
- 1/8 teaspoon cream of tartar
- butter (for greasing parchment paper)
- confectioner's sugar

Yield: 60 Lady Fingers, or a 12" x 17" Lady Finger sheet cake (I made the latter).

DIRECTIONS:

1. Preheat oven to 400 degrees F.
 - a. For individual Lady Fingers: line two 17 x 12 inch baking sheets with baking parchment. Fit large pastry bag with a plain 1/2 inch round tube.
 - b. For a Lady Finger sheet cake (what I made): line a 17 x 12 inch baking sheet with baking parchment.

Grease parchment paper with butter and dust with 1 tablespoon flour (per sheet). Tilt pan(s) to completely cover surface with flour. Shake off excess flour.
2. Place egg whites and cream of tartar in bowl and beat on high until soft peaks start to form. Slowly add 2 tablespoons of the sugar and continue beating until stiff and glossy. In another bowl beat egg yolks and remaining sugar (3/4 c). Whip until thick and very pale in color.
3. Sift flour (1 c) and baking powder (1/2 t) together on a sheet of wax paper. Fold half the egg whites into the egg yolk mixture. Fold in flour, and then add the remaining egg whites. Transfer mixture to pastry bag and pipe out onto prepared baking sheet, or pour batter onto a prepared baking sheet and spread evenly. Dust the surface of the Lady Fingers or sheet with confectioner's sugar; applying a thin even coating (this will give you the classic Lady Finger surface texture). Bake 8-10 minutes.

Tiramisu Italiano

Serves: 24

INGREDIENTS:

- 7 egg yolks
- 1/2 cup sugar
- 1/3 cup sweet Marsala wine, plus 2 tablespoons
- 8 ounces mascarpone cheese, softened to room temperature
- 1 cup heavy cream
- 1 cup brewed espresso coffee
- 1 ounce dark chocolate (min. 60% cocoa)
- 1/4 cup rum
- 1 teaspoon natural vanilla extract
- 50-60 lady fingers or a lady finger sheet cake (see recipe above)
- 1/4 cup unsweetened cocoa powder

DIRECTIONS:

- Place a whipping bowl in the freezer (for making the whipped cream).
- In a small saucepan, combine espresso coffee and chocolate, heat gently, and stir to dissolve the chocolate. Remove from heat; add rum, vanilla, and 2 tablespoons Marsala wine. Chill the mixture, about 15 minutes in the refrigerator.
- Cream together egg yolks and sugar in a deep heatproof bowl set over a pot of simmering water. Add 1/3 cup of Marsala wine and continue to whisk until mixture is thick and doubled in volume. This is basically a Zabaglione. Remove from heat. Stir in the mascarpone cheese until completely blended.
- In a chilled bowl (the one you previously placed in the freezer), whip the heavy cream to soft peaks. Fold the whipped cream into the mascarpone mixture.
 - If using individual lady fingers, **quickly** dip each ladyfinger in the chilled coffee mixture and arrange in a single layer on a 9 by 13-inch glass baking pan. Do not soak the ladyfingers or they will become too moist.
 - If using the lady finger sheet cake, cut the sheet in half, and lay one half into the bottom of a 9 x13 pan. Evenly pour 1/2 of the chilled coffee mixture over the sheet.
- Spread 1/2 the mascarpone cream evenly with a spatula on top of the bottom ladyfinger layer. Repeat with a second layer of dipped ladyfingers, or sheet cake, pouring the remainder of the coffee mixture over the second layer. Top with the remaining mascarpone cream. Sprinkle top with cocoa powder.

Refrigerate for 2 hours before serving.