

HOW TO MAKE VANILLA GELATO

Ingredients

- 4 cups (1 litre) milk
- 6 coffee beans
- 1 small (2.5cm long) cinnamon stick
- Small piece of lemon zest
- 1 large vanilla pod
- 1/8 tspn salt
- 1 cup (200 g) granulated sugar
- 5 large egg yolks
- 1/2 tspn cornstarch
- 2 large egg whites

Method

Place a large bowl in the freezer to chill. Place 3 1/2 cups (875ml) of milk in a heavy-based saucepan and with the coffee beans, cinnamon stick, lemon zest, vanilla pod and salt over medium-low heat. Mix well and bring to a boil. Lower the heat and simmer gently for 10 minutes.

Beat the egg yolks, sugar, and cornstarch in a medium bowl with an electric mixer on high speed until pale and creamy. With mixer on low speed, add the remaining cold milk followed by the hot milk mixture. Return to the saucepan and simmer over very low heat, stirring constantly, for 2 minutes. Do not let the mixture boil.

Remove from the heat and filter into the chilled bowl. Let cool completely, stirring often. Chill in the refrigerator for 30 minutes.

Beat 2 egg whites until stiff peaks form and fold them into the mixture just before you transfer it to your ice cream machine. Freeze according to the manufacturer's instructions.

HOW TO MAKE TIRAMISU

Tiramisu is one of the latest additions to 'traditional' Italian cooking. There are differing stories to its origin. Some people believe it was invented in the town of Treviso in northern Italy. Some say it comes from Venice.

It is considered a *semi-freddo* (a dessert served cold, but not frozen), and has many variations, with the only constant ingredient being the Mascarpone cheese.

Tiramisu means 'pick me up' or 'tonic' in Italian, due to its high energy content derived from the eggs, sugar, chocolate and caffeine.

It is a simple layered cake of ladyfinger biscuits soaked in espresso coffee and Marsala, and layered with mascarpone cheese and zabaglione, a custard made from egg yolks and chocolate.

Ingredients

- 2 cups strong black espresso coffee
- 1/2 cup Marsala
- 4 eggs (separated and beaten)
- 1/4 cup caster sugar
- 500 grams caster sugar
- 500 grams Mascarpone cheese
- 300 ml lightly whipped cream
- 2 pkts Savoiardi Ladyfinger biscuits
- Cocoa for dusting

Method

Beat egg yolks and caster sugar until mousse-like. Beat cream into mascarpone and fold in the egg mixture. Briefly dip the Savoiardi biscuits into espresso coffee.

Start layering mascarpone cream and espresso-soaked biscuits into dish. Cover and chill. Dust tiramisu with cocoa powder. ■



Photo: Bryce Zhang

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