

Culture and Arts: Bridges to Solidarity (CABS)



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MASCARPONE CREAM

Mascarpone cream is a very common dessert in Italy and it is the cream used in Tiramisù. It is also served on top of Panettone or Pandoro, but it is lovely also by the spoon. Mascarpone is a soft Italian acid-set cream cheese.

Ingredients

The preparation of the cream is simple and it takes about 10/15 minutes + 1 hour in the refrigerator.



The ingredients needed are: 100 grams of mascarpone cheese per person, 100 grams of sugar per person, 1 egg per person (we will use one yolk but half egg white per person), q.s. (just enough) cocoa powder to sprinkle on top if you like it.





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Recipe



First, break the eggs and separate the yolks from the whites (keep half the whites for later). Add one spoon of sugar for each yolk and stir well until the sugar is completely melted.



Then add the egg and sugar cream to the mascarpone cheese, pour it slowly continuing to mix and stir well.



Also whip the egg whites with an electric whisk and beat them until stiff.













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Add them to the cream a little at a time moving from bottom to top until you have a smooth cream.

Then pour the cream into dessert cups and sprinkle some sifted bitter cocoa powder on top of the cream.

This is optional.



Your dessert is ready! Keep it in the refrigerator for at least one hour before serving.

You can find info about mascarpone cheese here: <u>https://en.wikipedia.org/wiki/Mascarpone</u>

You can find info about Tiramisù here: <u>https://en.wikipedia.org/wiki/Tiramisu</u>

You can find info about Panettone here: <u>https://en.wikipedia.org/wiki/Panettone</u>

You can find info about Pandoro here: <u>https://en.wikipedia.org/wiki/Pandoro</u>









