

Raspberry Tiramisu

Tiramisu is often translated to "pick me up", due to the espresso contained in the dessert. However, at the end of a nice dinner party, your guests may prefer to drink decaf coffee. So I have decided to make my Tiramisu with decaf coffee instead of espresso. A spoiler, you may say, but you get to decide. You need a double boiler to make the Zabaglione, which looks like a custard. If you don't have a double boiler use a metal bowl over a saucepan.

2 ½ cups	coffee, decaf or regular	1 ¼ cup	heavy (whipping) cream
½ cup	sugar	32	crisp ladyfingers*
⅓ cup	Marsala wine	3 pints	raspberries
4 large	egg yolks	2 Tablespoons	cocoa powder
16 ounces	mascarpone cheese		

- 1 Brew coffee and set aside.
- 2 Boil water in a saucepan. Turn the heat to low and then in a metal bowl or top of a double boiler, combine the sugar, Marsala and egg yolks and whisk together constantly over the saucepan. Whisk until the yolks are pale and thick. This will mean that the egg yolks have cooked. Then mix in the mascarpone until smooth. Now you have an Italian Zabaglione.
- 3 In a separate bowl, whip the cream until stiff. Add the Zabaglione into the whipped cream along the side of the bowl and gently fold the two together with a rubber spatula, being careful not to deflate the cream.
- 4 To assemble, have the coffee ready in a flat pan or dish, a 9 x 13 dish or two smaller 6 x 9 dishes for your final product, the raspberries, the ladyfingers, the Zabaglione and the cocoa powder with a small wire strainer.
- 5 Dip the ladyfingers for a few seconds in the coffee and place them in the bottom of the dish, arranging them. 16 in the bottom of a 9 x 13 pan or 8 ladyfingers in a row in each of the two smaller dishes. Arrange the raspberries next to the ladyfingers to create a pretty symmetrical look.
- 6 Spread half the Zabaglione mixture over the ladyfingers. Repeat with 16 or 8 more ladyfingers and raspberries. Spread the remaining Zabaglione mixture over the second layer. Dust with the cocoa powder and refrigerate for at least two hours.

Servings: 12

Nutrition Facts

Nutrition (per serving): 449 calories, 279 calories from fat, 31.3g total fat, 219.1mg cholesterol, 79.5mg sodium, 171mg potassium, 36.3g carbohydrates, 4.6g fiber, 11.2g sugar, 7.4g protein.

Tips

*Ladyfingers can be purchased in the cookie aisle of better supermarkets or Italian specialty stores.

Source

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