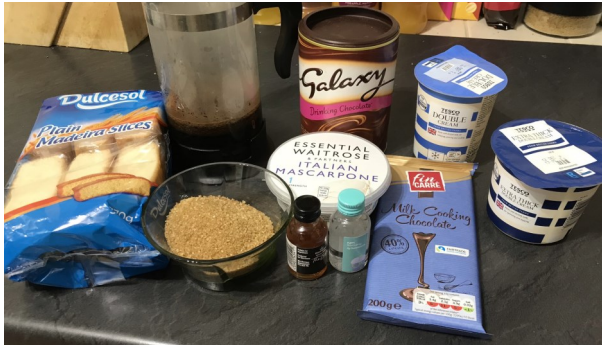


## NUTRITION: Lazza's Kitchen

### Homemade Tiramisu

**Lazza is still trying out new recipes  
Today - he makes his first ever Tiramisu**



600ml Double Cream  
250g tub Mascarpone  
5 tablespoon of Golden Caster Sugar  
Sponge Fingers (I used Madeira Sponge)  
Dark Chocolate  
Cocoa Powder  
Very strong coffee  
75 ml Marsala (if you want. I didn't)

“Tiramisu appears to have been invented in the 1960s or 1970s, but where and when exactly is unclear. Some accounts of the origin of tiramisu date its invention to the 1960s in the region of Veneto, Italy, at the restaurant "Le Beccherie" in Treviso.

Specifically, the dish is claimed to have first been created by a confectioner named Roberto Linguanotto.”

- Mix the double cream, mascarpone and sugar together (you can also add some vanilla essence). If you are using alcohol (Marsala) also add that too. Try and get mixture fairly thick.
- Make the coffee, nice and strong, and pour this into a shallow dish.
- I used madeira cake fingers, but you can use the shop fingers if you want.
- Soak the fingers in the coffee, enough to soak in coffee, but not long enough to start disintegrating, then lay them in a large tin.
- Using half the cream mixture, pour this onto the sponges.
- Grate half the chocolate and then add this layer.
- Repeat another layer with sponge, mixture and chocolate.
- Sprinkle on the cocoa powder.
- Put in the fridge to set, preferably leaving overnight. It should keep for two days.
- Slice up, distribute, and enjoy. :-)



*Wow!! Homemade Tiramisu  
I found some cake fingers, which really soaked up the coffee nicely.  
I didn't want alcohol, but did add a little rum essence, plus vanilla.  
Grating chocolate is really hard!!!  
This Tiramisu is full of calories.  
But tastes absolutely divine!!! Yay!*

During this pandemic I decided to try a new hobby - cooking.  
Something I have never really experimented with. And it is going so well.  
Why not try out some new recipes and foods yourself?  
This was a great and very tasty dessert to prepare.  
I stun myself every week. If I can do it, so can you. Try something new!!!