

# Tiramisu



Creamy, coffee-soaked, layered with pillowy mascarpone and finished with a cloud of bitter cacao — tiramisu is Italy's greatest dessert. This version recreates every element: gluten-free ladyfinger biscuits, a cashew mascarpone cream indistinguishable in richness, and real espresso. Make it the day before — it only gets better.

## Ingredients

### For the ladyfinger biscuits:

- 140g | 5 oz | 1½ cups almond flour, blanched and fine
- 40g | 1½ oz | ⅓ cup tapioca starch
- 3 large free-range eggs, separated
- 60g | 2 oz | ¼ cup + 1 tbsp Demerara sugar
- 1 tsp pure vanilla extract
- ¼ tsp bicarbonate of soda
- 1 pinch fine sea salt

### For the coffee soaking liquid:

- 250ml | 8½ fl oz | 1 cup freshly brewed strong espresso or filter coffee, cooled
- 1 tbsp Demerara sugar (optional)
- ½ tsp pure vanilla extract

### For the cashew mascarpone cream:

- 300g | 10½ oz raw cashews, soaked 8 hrs and drained
- 150ml | 5 fl oz | ⅔ cup full-fat coconut cream (solid only, chilled overnight)
- 80g | 2¾ oz | ⅓ cup + 1 tbsp Demerara sugar
- 1 tbsp freshly squeezed lemon juice
- 2 tsp pure vanilla extract
- 2 tsp refined coconut oil, melted and cooled

### Topping:

- 3–4 tbsp raw cacao powder (100%, unsweetened), sieved

Serves 8 | 20 × 30 cm (8 × 12 in) dish or individual glasses | Set min. 4 hrs, ideally overnight

## Instructions

1. Soak cashews in cold water for 8 hours. Refrigerate coconut cream overnight. Preheat oven to 180°C (350°F / Gas Mark 4). Line two baking sheets with parchment.
2. Beat egg yolks with Demerara sugar and vanilla until pale and doubled in volume, about 3 minutes. Whisk egg whites with a pinch of salt to firm, glossy peaks.
3. Sift almond flour, tapioca starch and bicarbonate of soda over the yolk mixture and fold gently. Fold in one third of the egg whites to loosen, then the remainder in two additions. Pipe into 10 cm (4 in) fingers using a plain 1 cm nozzle. Bake 12–15 minutes until lightly golden. Cool completely.
4. Allow the coffee to cool fully. Stir in optional Demerara and vanilla. Blend all mascarpone cream ingredients in a high-speed blender for 3–4 minutes until completely smooth and glossy. Refrigerate the cream for 30 minutes.
5. Dip each ladyfinger into the cooled coffee for 2 seconds per side. Arrange in a single layer in the base of the dish. Spread half the mascarpone cream. Repeat with a second biscuit layer and the remaining cream. Smooth the top.
6. Cover and refrigerate for a minimum of 4 hours. Just before serving, sieve a generous layer of raw cacao powder over the entire surface.

## Freezing and Storing Tips

- In the fridge: up to 3 days, covered. The tiramisu improves significantly after the first day.
- Freezing: not recommended for assembled tiramisu. The ladyfinger biscuits can be baked and frozen separately for up to 2 months.

## A Note from Leonor

For individual glasses, layer everything in tumblers or small trifle dishes — elegant for dinner parties and no slicing required. The cashew mascarpone cream is one of the most versatile preparations in functional baking: it works as a filling, a frosting, a mousse and a cheesecake layer. Master it and a whole world of desserts opens up.