

coffeetiramisu*



Serves 6

**You will need 6 x 200-250ml
(8-10 oz) serving glasses**

Ingredients

- 3 medium, fresh, free-range eggs, separated
- 30 ml (2 tbsp) caster sugar
- 500 g (1 lb) mascarpone cheese
- 350 ml (12 fl oz) strong aromatic dark coffee, cooled
- 75 ml (2.5 fl oz) coffee liqueur
- 45 ml (3 tbsp) brandy
- 1 x 200g (8 oz) pack of ready-made sponge fingers
- 25 g (1 oz) plain chocolate, finely grated

Method

- 1 Whisk together the egg yolks and sugar until pale and light (using an electric mixer makes this very easy). Whisk in the mascarpone cheese to combine.
- 2 Whisk the egg whites in a clean bowl (and with a clean whisk or beaters) to form stiff peaks. Gently fold the whites into the mascarpone mix.
- 3 Pour the coffee, coffee liqueur and brandy into a wide dish. Working in small batches, soak half the quantity of sponge fingers in the mixture for about 5 seconds each side. Divide them between the bottoms of the 6 serving glasses, breaking to fit and pressing down lightly if necessary.
- 4 Using half the mascarpone mix, place a spoonful on top of the sponge fingers. Spread out evenly with the back of the spoon or a palette knife.
- 5 Repeat with the remaining biscuits and mascarpone mixture. Cover and refrigerate until needed. (Leaving for about 12 hours will help the flavours to develop further.)
- 6 Serve topped with grated chocolate.

*** Not suitable for the young, the elderly, the pregnant or the ill as it contains raw eggs.**

coffee

coffeescience

- Next time you're queuing for your coffee in the morning, consider this: it can take up to 4,500 cherries from the Arabica coffee plant to produce just one kilo of roasted coffee. And since each cherry contains two beans, you're looking at 9,000 beans per kilo of coffee.
- Grinding coffee increases the surface area and makes it easier for water to penetrate each particle and extract the oils and molecules which give the finished drink its unique flavour. But be careful! You should hold off grinding the beans until the very last moment as oxidation takes place as soon as the molecules are exposed to the air, which reduces the aroma and taste.
- Tiramisu – Italian for 'pick-me-up' – owes much of its restorative power to the caffeine in coffee. But over-whipping your egg whites can leave the dessert a little flat. Egg whites can increase in volume by up to 8 times, but if they're over-beaten, they lose their elasticity, become dry and flaky and won't hold as much air.

coffeehistory

- The first coffee shops opened in Europe in the 1600s, and became so popular in London that to ensure good service – and a prime seat – customers invented the idea of tipping. They'd put money in a tin labelled 'To Insure Prompt Service', hence the word, TIPS.
- But coffee wasn't popular with everyone. In 1674 the Women's Petition Against Coffee was begun in London after wives complained that during domestic crises, their men were in the coffee shops rather than at home. And a year later, King Charles II tried to suppress coffee houses because he saw them as hotbeds of revolution. But the public outcry meant the ban was lifted even before it took effect.
- The story of Starbucks begins in 1971 when the first coffee shop was opened in Seattle. The first branch arrived in the UK on London's King's Road in 1998. There are now more than 5,500 branches worldwide.