

December 2011

cooking *made* simple

THE SECRETS TO TIRAMISU

BRING ITALY TO YOUR HOLIDAY SPREAD

MMMMM DANISH

TIPS AND TRICKS

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IMPORTANT COMPONENTS

The batter for the ladyfingers needs to be mixed just right, same as the marscapone cream filling. Overmixing either of these will result in a flat and tough tiramisu.

photos courtesy of Patricia Peterson



TIRAMISU: MADE EASY FOR YOU!

by Patricia Peterson

Spice up your holiday spread with this tasty Italian dessert. The assembly is easy but what takes most of your time will be making the components needed to build the dessert.

The Components

When making tiramisu, you must realize there are quite a few components and you have to make them all and cool them before you can even assemble the cake. The five main components of my tiramisu consist of the ladyfingers, coffee dessert syrup, mascarpone cheese filling, cocoa, and I always add

coffee liqueur to give it a little kick.

Even after putting it together, it still isn't ready because you have to let it chill for awhile to bring it all together. My point is, it's a process and takes a few hours, so don't look forward to tiramisu anytime soon.

Whip the yolks until they are thick and light, and the whites to stiff wet peaks ... fold the egg whites into the flour.

Ladyfinger Sponge

First what I did was make the ladyfinger sponge, as it's called in my recipe book, which is pretty complicated to make. If you only have one mixer, it gets kind of redundant having to clean it constantly to stick it into a different mixture. If you

have a hand mixer it isn't a big deal, but if all you have is a stand mixer, that can be a hassle - I am lucky and I have both, but I cook a lot and realize not everybody does.

So you have to separate the egg whites from the yolks, and add sugar to each, and whip them separately.

Whip the yolks until they are thick and light, and the whites to stiff, wet peaks. When you are done doing that, you fold some sifted flour into the two mixtures, without over-mixing, and only until just incorporated. I like to fold the egg whites into the flour, a third at a time, and I alternate that with a third of the yolk mixture.

Make sure to have a piping bag ready ahead of time, with a medium sized
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