

Tiramisu (Karim Bourgi)

Ingrédients

- 6 to 8 servings :
- 200g coffee powder + 250g boiled water
- 200g water + 250g sugar
- 1 espresso shot
- 70g cream 35%
- 500g mascarpone
- 80g sugar syrup
- 58g egg yolks
- 33g water
- 139g caster sugar
- 91g egg whites
- 157g whippedcream

Préparation

1. It's been a long time since my last tiramisu, so when Karim Bourgi shared his recipe, obviously I didn't resist more than a few days !
2. The recipe is more complicated than my usual tiramisu, since the yolks and egg whites are cooked (thanks to a sugar syrup, sabayon and Italian meringue), but the cream is less "fragile" and the tiramisu can be stored longer.
3. Usually, I make my own ladyfingers, but right now, with the shortage of flour, I try to keep my reserves and I bought them.
4. Some details about this recipe: Karim bourgi grates a little chocolate (Manjari by Valrhona) on each layer of soaked ladyfingers, before putting the mascarpone mousse (I did not have this chocolate, and I like tiramisu really very classic so I didn't put chocolate in mine).
5. Then, for the coffee punch, I don't have an espresso machine or coffee powder so I made my own mixture, boiling water a little sugar in which I added instant coffee.
6. I also added a little amaretto in the punch, but it is completely optional.
7. As always, the tiramisu should be prepared slightly in advance to allow it to cool for a few hours in the fridge.
8. You know everything !
9. Prepare the coffee with boiling water and coffee powder.
10. Bring the of water with the sugar to a boil.
11. Mix the two, and add the espresso shot.
12. Or like me, mix boiling water, a little sugar and a few spoons of instant coffee.
13. Mix delicately the mascarpone with the cream.
14. Prepare a water bath.
15. Put the water and the sugar in a pan.
16. Bring the mixture to a boil, then take of this syrup.
17. Gradually add the egg yolks to the hot syrup, whisking constantly by hand.
18. Place the bowl containing the mixture on the water bath, and continue to whisk until reaching the temperature of 80°C (be careful to stir well so that the yolks do not clot).
19. Then pour the mixture into the bowl of the robot with the whisk and whisk on high speed until the sabayon cools down and you get a whitened and well-swollen mixture.

20. Place the water and the sugar in a pan and heat.
21. When the syrup reaches 110°C, start whipping the egg whites so that they become foamy.
22. When the syrup reaches 118-120 ° C, drizzle it over the whites, continuing to whisk.
23. Whisk the meringue until it is cool and firm.
24. In a bowl, mix the whipped cream and half the sabayon.
25. Mix the other half of the sabayon with the mascarpone-cream mix.
26. Mix the two preparations together, then pour it all into the Italian meringue and stir gently with a maryse.
27. Assembly : Cocoa powder (without sugar) Around ladyfingers Soak the ladyfingers with the coffee punch.
28. In your pan, place the soaked ladyfingers, then half the mascarpone mousse.
29. Place again ladyfingers and the other half of the mascarpone mousse.
30. Put the tiramisu in the fridge for a few hours, then sprinkle with cocoa powder and enjoy !

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