

Tiramisu

Sponge Cake Ingredients

½ Cup Bob's Red Mill Brown Rice Flour
¼ Cup Bob's Red Mill Garbanzo/Fava Flour Mix
4 Eggs separated
¼ tsp. Salt
2/3 Cup Sugar + 1 Tbsp.
½ tsp. Cream of Tartar
1 tsp. Bob's Red Mill Baking Powder

Filling Ingredients

1 ½ Cups Mascarpone Cheese
1 Cup Heavy Cream
1 tsp. Pure Vanilla Extract
½ Cup Sugar
2 Cups Espresso or Strong Coffee, Chilled
100% Cocoa to Sprinkle on Top

Using an electric mixer, blend the heavy cream and vanilla until it forms stiff peaks.

In another bowl, using a rubber spatula, combine the mascarpone with the sugar and blend well. Next add the whipped cream, using the rubber spatula, and fold in until well blended. Cover and chill while preparing the sponge cake.

Preheat the oven to 375 degrees. Sift together the flours, salt and baking powder. With an electric mixer, beat the egg whites for 1 minute. Add 1 Tbsp of the sugar and cream of tartar to the egg whites. Continue beating until stiff peaks form. In a separate dish beat the egg yolks. Then gently fold the yolks into the prepared egg whites. Fold in the remaining sugar, then fold in flour.

Spray an 8 x 8 or 9 x 9 glass or metal pan with non-stick spray. Pour prepared sponge cake batter into pan. Bake for about 10 minutes. Be sure to check it every few minutes, this cake bakes very quickly! Remove from oven and cool on rack.

After the cake is cooled, remove from pan by turning out onto a platter. Carefully cut the sponge cake in ½ horizontally. With 1 layer of cake on the platter, drizzle half the chilled espresso over the cake. Next spread ½ of the cream mixture over the cake, then sprinkle with cocoa. Repeat this process once more.

Cover and chill the Tiramisu in the cooler for at least 2 hours. Sprinkle with additional cocoa and fresh fruit before serving, if desired.