

# Tiramisu

This recipe featuring U.S. Mascarpone and espresso, is quick to make, eye-catching, and delicious.



## INGREDIENTS

(Makes 4 servings)

<b>U.S. Heavy Whipping Cream</b>	<b>500ml</b>
Icing (powdered) sugar	150g
<b>U.S. Mascarpone cheese</b>	<b>1kg</b>
Lady Finger Biscuits	500g (or more)
Espresso	15ml
Coffee Liqueur (Kahlua)	15ml
Cream Liqueur (Bailey's)	15ml
Instant Coffee, powdered	50g
Chocolate Covered Espresso Beans	27g

## NUTRITIONAL CONTENT

Per 100g

<b>Calories</b>	384kcal
<b>Total Fat</b>	31g
Saturated Fat	17g
Trans Fat	0g
Cholesterol	134mg
<b>Total Carbohydrates</b>	22g
Dietary Fiber	0g
Sugars	7g
<b>Protein</b>	6g
Calcium	91mg
Magnesium	12mg
Phosphorus	59mg
Potassium	120mg
Sodium	66mg
Iron	1mg
Vitamin A	1075IU
Vitamin C	0mg

## PREPARATION

1. **Mix heavy whipping cream and icing sugar together until they hold a soft peak.**
2. **Gently, but thoroughly, fold mascarpone into whipped mixture, being careful not to overwork.**
3. **Mix espresso and liqueurs in shallow bowl.**
4. **Break lady finger biscuits into sizes to fit serving glass and soak pieces in espresso mixture.**
5. **Fill serving glass 1/3 full of mascarpone mixture.**
6. **Add layer of soaked biscuits and fill with remaining mascarpone mixture.**
7. **Dust with powdered coffee.**
8. **Top with two chocolate covered espresso beans and serve.**

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

This recipe only serves as a reference. ©2014 U.S. Dairy Export Council.