



Tiramisu with honeycomb crunch

READY IN



40 min.

SERVINGS



2

CALORIES



1084 kcal

DESSERT

Ingredients

- ☐ 1 egg yolk
- ☐ 2 tbsp sugar
- ☐ 0.3 tsp vanilla paste
- ☐ 85 g mascarpone cheese
- ☐ 150 ml double cream
- ☐ 2 tbsp rum / brandy / coffee liqueur
- ☐ 5 tbsp strong coffee decoction
- ☐ 85 g ladyfingers
- ☐ 2 servings cooking oil for greasing

- ☐ 85 g sugar
- ☐ 2 tbsp clear honey
- ☐ 1 tsp baking soda

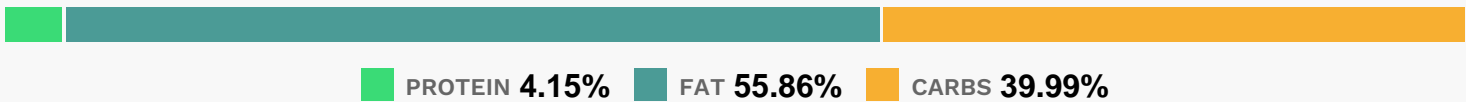
Equipment

- ☐ bowl
- ☐ whisk
- ☐ ramekin
- ☐ baking pan
- ☐ rolling pin

Directions

- ☐ Whisk the egg yolk with the caster sugar and vanilla paste until pale.
- ☐ Add the mascarpone and cream, then beat with an electric whisk until smooth and thick.
- ☐ Put the Kahlua and coffee in a bowl and dip in enough sponge fingers to cover the bottoms of 2 small bowls or ramekins. Cover with half the creamy mixture, repeat with some more soaked biscuits, topping with more creamy mixture, until your dishes are full. Dust with a little cocoa powder and chill for at least 2 hrs or overnight.
- ☐ For the honeycomb, oil a baking tray or tin or line with a non-stick mat. Gently heat the sugar and honey with a splash of water in a heavy-based pan until melted. Increase the heat and bubble to a good caramel colour, then lift off the heat, whisk in the bicarb and tip onto the baking tray to cool. Once cold, crush with a rolling pin or thinly slice into shards, and scatter a little over the tiramisus to serve. Leftover honeycomb will keep for a week in an airtight tin.

Nutrition Facts



Properties

Glycemic Index:96.23, Glycemic Load:47.07, Inflammation Score:-8, Nutrition Score:10.638260916523%

Flavonoids

Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg
Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.02mg, Myricetin:
0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg,
Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 1083.62kcal (54.18%), Fat: 66.84g (102.83%), Saturated Fat: 32.64g (203.98%), Carbohydrates: 107.67g
(35.89%), Net Carbohydrates: 107.2g (38.98%), Sugar: 81.28g (90.31%), Cholesterol: 318.88mg (106.29%), Sodium:
743.14mg (32.31%), Alcohol: 3.26g (100%), Alcohol %: 1.31% (100%), Caffeine: 14.78mg (4.93%), Protein: 11.18g
(22.35%), Vitamin A: 2070.16IU (41.4%), Vitamin B2: 0.42mg (24.57%), Vitamin E: 3.38mg (22.53%), Phosphorus:
154.33mg (15.43%), Calcium: 143.42mg (14.34%), Folate: 50.04µg (12.51%), Vitamin K: 12.5µg (11.9%), Vitamin D:
1.69µg (11.29%), Selenium: 7.8µg (11.15%), Iron: 1.96mg (10.9%), Vitamin B1: 0.16mg (10.45%), Vitamin B5: 1.04mg
(10.44%), Vitamin B12: 0.62µg (10.25%), Manganese: 0.14mg (6.76%), Zinc: 0.93mg (6.21%), Vitamin B6: 0.12mg
(5.76%), Vitamin B3: 1.04mg (5.2%), Potassium: 159.63mg (4.56%), Copper: 0.07mg (3.39%), Magnesium: 12.36mg
(3.09%), Fiber: 0.47g (1.87%)