



Tra Vigne's Chocolate Tiramisu

READY IN



360 min.

SERVINGS



10

CALORIES



429 kcal

DESSERT

Ingredients

- ☐ 5 ounces bittersweet chocolate cut into pieces
- ☐ 0.3 cup cream cheese at room temperature
- ☐ 0.3 cup rum dark
- ☐ 2 large egg yolks at room temperature
- ☐ 4 large egg yolks at room temperature
- ☐ 1 cup espresso grounds fresh hot
- ☐ 1 sheets chocolate cake store bought
- ☐ 0.3 cup heavy cream
- ☐ 0.5 cup heavy cream

- ☐ 1 tablespoon rum dark light
- ☐ 0.3 cup marsala wine
- ☐ 1 cup mascarpone cheese at room temperature
- ☐ 1 ounce bittersweet chocolate unsweetened
- ☐ 0.3 cup sugar
- ☐ 0.5 cup sugar
- ☐ 0.5 cup sugar

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ double boiler
- ☐ hand mixer
- ☐ wooden spoon
- ☐ microwave
- ☐ spatula
- ☐ peeler

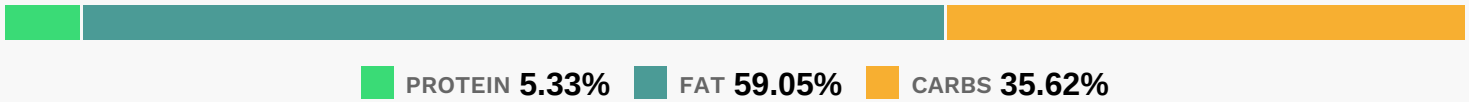
Directions

- ☐ To make the mousse, combine the chocolate and cream in a heatproof bowl and place in the microwave and cook on high heat for 45 seconds. Stir until chocolate is melted and the mixture is smooth and shiny.
- ☐ In a large mixing bowl, beat the cream cheese, mascarpone and chocolate mixture with an electric mixer at medium to medium-high speed until soft and creamy. Pause occasionally to scrape down the sides of the bowl.
- ☐ In another bowl, with clean beaters, whip the egg yolks and sugar until frothy, about 30 seconds on high. With a rubber spatula or wooden spoon, gently fold the egg mixture into the chocolate-cream cheese mixture until blended. Cover the mousse and refrigerate until ready

to assemble the tiramisu. (You should have about 2 cups mousse. The mousse may be made ahead, covered, and refrigerated for up to 1 day.)

- ☐ To make the zabaglione, prepare an ice water bath.
- ☐ Combine the yolks, rum, Marsala and 1/2 cup sugar in the top of a double boiler.
- ☐ Place over (not touching) barely simmering water in the lower pan and whisk vigorously, or beat with an electric mixer, until the mixture begins to foam.
- ☐ Whisk continuously until the mixture triples in volume and thickens to form soft mounds when the whisk is lifted, about 7 minutes. Immediately place the top of the double boiler in the ice water bath to stop the cooking.
- ☐ Let cool, stirring occasionally.
- ☐ In a small bowl, beat the 1/2 cup heavy cream until it begins to foam.
- ☐ Add the remaining 2 teaspoons sugar and continue to beat until the cream holds soft peaks. Fold whipped cream into the cooled zabaglione. Cover and chill for several hours before assembling the tiramisu. You should have about 2 cups.
- ☐ To assemble the dessert, in a small bowl or pitcher, add the sugar to the hot espresso. Stir well to dissolve the sugar, then add the rum.
- ☐ Cut off the top of the cake and reserve for another use (see Chef's Note).
- ☐ Cut the cake in half horizontally. Arrange a layer of cake, cut side up, in the bottom of a deep 2 1/2-quart bowl. Moisten evenly with some of the espresso syrup.
- ☐ Spread half the mousse on top, and then spread half of the zabaglione on top of the mousse. Arrange the second layer of cake, again cut side up, on the mousse. Moisten well with syrup.
- ☐ Spread the remaining mousse on top in an even layer, followed by the remaining zabaglione. Cover and refrigerate for several hours or overnight before serving. With a vegetable peeler, cut curls of chocolate to garnish the top, or dust with cocoa.

Nutrition Facts



Properties

Glycemic Index:26.73, Glycemic Load:17.54, Inflammation Score:-6, Nutrition Score:7.3982608396074%

Flavonoids

Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 5.69mg, Malvidin: 5.69mg, Malvidin: 5.69mg, Malvidin: 5.69mg Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg, Peonidin: 0.24mg Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg, Catechin: 2.43mg Epicatechin: 6.02mg, Epicatechin: 6.02mg, Epicatechin: 6.02mg, Epicatechin: 6.02mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 428.91kcal (21.45%), Fat: 27.18g (41.82%), Saturated Fat: 15.9g (99.39%), Carbohydrates: 36.9g (12.3%), Net Carbohydrates: 34.71g (12.62%), Sugar: 31.5g (35%), Cholesterol: 159.41mg (53.14%), Sodium: 46.92mg (2.04%), Alcohol: 3.42g (100%), Alcohol %: 3.2% (100%), Caffeine: 68.75mg (22.92%), Protein: 5.52g (11.04%), Manganese: 0.32mg (16.23%), Vitamin A: 807.78IU (16.16%), Copper: 0.31mg (15.67%), Magnesium: 60.83mg (15.21%), Selenium: 8.52µg (12.18%), Phosphorus: 116.63mg (11.66%), Vitamin B2: 0.16mg (9.55%), Iron: 1.66mg (9.21%), Fiber: 2.19g (8.74%), Calcium: 75.71mg (7.57%), Vitamin B3: 1.44mg (7.22%), Zinc: 0.9mg (5.98%), Vitamin D: 0.84µg (5.58%), Potassium: 192.67mg (5.5%), Vitamin B12: 0.27µg (4.42%), Vitamin B5: 0.44mg (4.41%), Folate: 17.32µg (4.33%), Vitamin E: 0.57mg (3.77%), Vitamin B6: 0.05mg (2.69%), Vitamin B1: 0.03mg (2.1%), Vitamin K: 1.88µg (1.79%)