

Quescrem



The perfect tiramisu

Tips for making it and 9 irresistible recipes

Introduction

Tiramisu is the most world-famous Italian dessert. Although there are many variations, the classical tiramisu recipe is very simple. It is made using ingredients that are easy to find: alternating layers of coffee liqueur-soaked sponge or biscuits and mascarpone cream, eggs and sugar, with a cocoa topping.

With this concept in mind, we can see that tiramisu is prepared similarly to other traditional no-bake Italian desserts: pieces of sponge or biscuit with creamy fillings, sometimes fruit, which are placed in a transparent glass bowl, chilled and then served.

But clearly, **there's something special about tiramisu that's made it one of the favourite desserts among restaurant and catering clients around the world, and is also one of the most popular desserts in delivery services.** And we're not only referring to Italian-style hospitality, since many **menus of restaurants of all kinds currently include some version of tiramisu among their desserts.**

In this document we're going to go over the key points of this dessert, placing emphasis on the most important aspects to ensure success. And although the classical coffee and cocoa recipe is the most popular, there is an ever-increasing number of original versions of this dessert.

At the end of this document you will find several ideas for making and triumphing with your Tiramisu.



“Tirami sù”, the origins of this popular dessert

As is usually the case with such popular recipes, it's difficult to determine its exact origin. But one thing is sure: tiramisu came from Italy. Its Italian spelling is "tirami sù", which literally means "pull me along", in the sense of encouraging someone.

There are numerous legends about its origins and, as usual with other desserts, many of these origin theories are linked to kings and nobility, the only ones who had kitchen staff at the service of their culinary whims. One of the most widespread theories is that **tiramisu was invented in Tuscany at the end of the 16th century** and that it was specially created in honour of the duke of Medici's visit to the city of Sienna. Supposedly he liked it so much that he spread it throughout Tuscany and beyond. And it was supposedly so successful that Venetian courtesans even offered tiramisu to their lovers to increase their stamina, as it was considered an aphrodisiac...

A more humble theory on the origins of tiramisu, which we consider closer to reality, is that **tiramisu was originally a leftover-based dessert.** A sweet dish devised to make use of cold coffee and cake scraps, which was practised in many households and did not require baking or heating. In fact, many historians affirm that this explains why it is impossible to find a single direct reference to the tiramisu recipe in recipe books written before the 20th century, an era of massive migratory flows of Italians to the four corners of the world and which curiously coincides with the start of tiramisu's popularisation and fame.



Quality ingredients

One of the basic secrets of a top-class tiramisu is the quality of the ingredients from which it's made.

- Choose fresh, free-range eggs so that the yolks are more flavoursome.
- The choice of the type of sponge or biscuit is also important, because it has to remain firm and not disintegrate when soaked in coffee.
- The coffee must also be carefully chosen to give the dessert strength and character. Do not use instant coffee or coffee substitutes to make tiramisu.
- The cocoa that tops the dessert must preferably be a strong and bitter cocoa (over 70% of purity) in order to complement the coffee flavours and give the tiramisu character.
- Last but not least, the mascarpone, the essential ingredient for a tiramisu to be worthy of inclusion in the best dessert menu. Mascarpone cheese is the gourmet reference inseparable from tiramisu and without this ingredient you would not achieve the same characteristic creaminess and flavour of tiramisu.



Quality ingredients

We must also bear in mind that the quality of the mascarpone cheese we choose for our tiramisu will also make a major difference to the final result.

Quescrem Mascarpone 42% fat is perfect for making tiramisu as it gives it a **creamy and silky texture**, in addition to ideal consistency without having to use gelatin or any other stabiliser. Thanks to this 42% fat, our mascarpone has **high functionality** which allows us to mix all types of textures, ingredients and flavours. With its **aeration capacity**, it gives the tiramisu high stability, making it easy to refrigerate or freeze without draining the whey or losing volume.

It is a **Clean Label Mascarpone without artificial stabilisers, dyes or aromas**, made from the best nearby raw materials which give it its characteristic sweet flavour and milky aroma.

At Quescrem we have a **Lactose-Free Quescrem Mascarpone**. With the **same functionalities and flavour as the original recipe** but suitable for lactose-intolerant people or for those who prefer to eliminate milk from their diet, this mascarpone allows you to make lactose-free desserts, such as lactose-free tiramisu.



Quescrem Mascarpone

Exact method of preparation: each step is important to make the perfect tiramisu

Tiramisu is a simple dessert, with no baking and few complications, but it is precisely this type of simple recipes where not only the quality of the ingredients, but also the execution, is essential to achieve exceptional results, a tiramisu that is not only flavoursome, but also with a perfect, creamy texture and impeccable appearance.

How to make the mascarpone cream, yolks and sugar:

First, it's very important to **whiten the yolks well with sugar** and wait for the mixture to be foamy, which is achieved after beating for at least 5 minutes.

***Our recommendation:** bring the mascarpone to room temperature before using so it's not too cold. This will allow us to obtain a more homogeneous cream.

It's more difficult to achieve a smooth, velvety texture and good integration with the yolk and sugar mixture if the mascarpone is not at the right temperature. It will suffice to take it out of the fridge 10 to 15 minutes before using.

We can also use a whisk to soften it well before mixing in the mascarpone with the rest of the ingredients.

Whisking and mixing in the egg whites:

Always whisk the egg whites in a cold receptacle: place the bowl in the freezer a minutes before whisking the egg whites, which will also be cold. In this way we will achieve greater consistency and will help the tiramisu to set more easily without getting too watery.

The egg whites must be whisked until stiff. To this end, we can add a pinch of salt before whipping them so they become stiffer and beat them adjusting the speed of the electric beater so it increases gradually.

Gently add the whipped egg whites to the mascarpone cream with the help of a wooden



spoon or silicone spatula, so the peaks don't collapse. First, add 1/3 of the egg whites to soften the mascarpone, egg and sugar mixture, and then slowly add the rest. This will prevent lumps from forming in our tiramisu.

***Our recommendation:** always whip the egg whites at the last minute so the peaks don't have time to collapse.

Exact method of preparation: each step is important to make the perfect tiramisu

Tiramisu is a simple no-bake dessert, with few complications, but it is precisely in these kinds of simple recipes where not only the quality of the ingredients but also the execution is essential to obtain an exceptional result, a tiramisu that is not only tasty, but also has a perfect and creamy texture, and an impeccable appearance.

Soaking the biscuit

Tiramisu purists disagree about whether to use ladyfinger biscuits (savoirdi or novara) or boudoir biscuits, but all of them agree on one thing: **the soaking time for them in the coffee and liqueur is very important in the final result.**

A soaking that is too fast will mean that our tiramisu will lack coffee flavour and will be boring. On the other hand, soaking it too long will mean that the excess moisture will loosen the mixture and ultimately it will not set, having an unpleasant texture in the mouth.

***Our advice:** submerge between 1-2 seconds on each side. With this simple method, you get the perfect texture

Chilling time

Tiramisu is served cold, being one of its main allures as a dessert. Its perfect temperature is around 5-6°C, therefore, after making it, it must be immediately placed in the refrigerator for a **recommended chilling time of 4 to 12 hours.**

This chilling time will help our dessert to get the texture and firmness that we are looking for and to allow all the flavours to gather strength. It is important for the tiramisu to be put into the fridge covered well so that it does not absorb odours from other foods.

On the other hand, the preservation of the tiramisu is a very important aspect of this dessert, which deserves a title all its own to focus on the details.





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How to preserve tiramisu

Tiramisu is made with fresh raw eggs, so it must always be kept cold, and must be consumed within a maximum of 48 hours since it's made. Good practices to achieve better preservation are the use of pasteurised yolks or tiramisu in individual cups (only the one to be served is taken out).

Freezing highly recommended

If due to production needs you have to make many units of tiramisu at the same time, **you could opt to freeze the tiramisu without any problems.** In this case, the quality of the mascarpone you choose for creating your tiramisus will be a decisive factor. A mascarpone with a consistent texture and a very stable structure, such as Quescrem Mascarpone, will make it easier for you to freeze any dessert and especially tiramisu, avoiding any draining or loss of volume.

The art of serving tiramisu

For a perfect tiramisu, just as important as the choice of ingredients and the precise steps in preparation, is the way to serve the tiramisu. The choice of the service format and the correct mould, according to the characteristics of your business and your clients, are very important when offering an unforgettable tiramisu. What are the main options?

Tiramisu in classic rectangular moulds

This is the classic option to serve on a dish in individual portions. For this presentation, we will opt for a large rectangular mould with high edges. This type of mould will allow us to place the sponge or biscuit layers much better than those with an oval or circular shape. It will also be much easier to remove the necessary portions. If you have a delivery service, you can opt for a

To properly freeze the tiramisu, it is important to put it in the freezer as soon as the preparation is finished, but just before adding the bitter cocoa on top. It will be added just before eating it, once the tiramisu has thawed.

The thawing time will vary depending on the format in which the tiramisu has been made: if it has been in individual cups or jars, it will take a little over an hour; if you have placed it in a cake or sponge mould it will take all night. Remember to always thaw it cold in the refrigerator, never at room temperature.

It is possible to freeze almost any recipe based on the original tiramisu, but this is not the case with tiramisu recipes that contain pieces of fruit or any other ingredient that can produce water and which affect the final texture after thawing. Once thawed, the tiramisu absolutely must be eaten on the same day and never refrozen.

disposable rectangular aluminium mould which is sturdy but flexible, and which can be covered.

Tiramisu in removable moulds

Traditionally, the tiramisu didn't come out of the mould, but rules are made to be broken. If you want to present it in your pastry shop or restaurant or in an innovative way, full and unmoulded, you can use a mould with removable edges.

Tiramisu in individual cups or jars.

It is the most versatile presentation (adaptable both for service in a restaurant or cafeteria as well as for delivery), as well as simple to assemble and very aesthetically pleasing. A good option to include in the dessert menu of your business because it has the advantage that the individual tiramisu cups are easy and quick to freeze and thaw, allowing for easy stock management.

Tiramisu Recipes

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Starting with the classic tiramisu recipe, you can innovate in a thousand ways, incorporating all kinds of variants and thus play with the flavour and shapes.

Add an extra ingredient like raspberries, coconut cream, chocolate sauce or salted caramel. If you like, you can substitute the biscuits with other variants of biscuits or sponges.

As you can see, the options are limitless. Below we have compiled some recipes with which you can develop your creativity*.

Cup of Classic Tiramisu

Tiramisu Cake

Tiramisu Mousse

Churromisu

Cup of Tiramisu with red berries

Lactose-free Tiramisu Flan

Lactose-free Tiramisu Brownie

Lime Tiramisu

Tiramisu with matcha tea, apple and lime



*All these recipes can be made with both Quescrem Mascarpone and 0% Lactose Quescrem Mascarpone and the rest of the ingredients with or without lactose depending on the desired preparation.

Glass of Classic Tiramisu

Ingredients

For the mascarpone mousse:

1,000 g Quescrem Mascarpone

200 g Milk

800 g Cream with 35% fat

200 g Sugar

40 g Egg yolk

For assembly:

500 g ladyfingers

400 g Black coffee

80 g Amaretto bitter almond
liqueur

Preparation

1. Heat the milk with the sugar until boiling and remove from heat.
2. In the bowl of the blender, whip the egg yolks until they become white, add the Quescrem Mascarpone and the cream and beat until whipped (first at slow speed until mixed and then at maximum to aerate).
3. When the mousse is fully whipped, slowly and gradually pour in the milk and sugar mixture.
4. Put in a piping bag and use immediately.
5. Place two pieces of ladyfingers covering the bottom of the 125ml glasses.
6. Mix the coffee and the bitter almond liqueur and with the help of a carafe, moisten the cakes in the glasses with the coffee mixture without completely soaking them.
7. Fill the glass with mascarpone mousse and leave ½ centimetre of space up to the edge.
8. Dust with cocoa powder.

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Tiramisu Cake

Ingredients

For the ladyfinger cake:

300 g Egg whites
270 g Sugar
160 g Egg yolks
200 g Flour
70 g Cornstarch

For the mascarpone and coffee cream:

500 g Quescrem Mascarpone
215 g Whole milk
126 g Sugar
146 g Egg yolk
100 g Instant coffee
3 g Gelatine sheets

For the mascarpone mousse:

474 g Quescrem Mascarpone
120 g Cream with 35% fat
160 g Sugar
160 g Egg yolk
20 g Milk
20 g Milk
6 g Gelatine sheets
30g Cream (82% fat)

Preparation

Ladyfingers:

Whip the egg whites with the sugar. Add the egg yolks. Sieve the cornstarch together with the flour and mix gently into the batter. Place out buttons of the desired size and cook at 190°C.

Mascarpone and coffee cream:

Mix milk, sugar and egg yolk and cook at 85°C. Then add the gelatin leaves, which we will have previously soaked, and the instant coffee. Let the mix cool down to 50°C and add the Quescrem Mascarpone. Emulsify with a blender and allow to gelify at +4°C for 12 hours.

Mascarpone mousse:

Whip the egg yolks in the blender. Mix the sugar and water. Cook and bring to 120°C. Gradually and slowly pour over the whipped yolks. Let it get fluffy. Add the gelatin leaves dissolved in the milk. Aside, whip the cream along with the Quescrem Mascarpone. Mix the two batters delicately. Use immediately.

Presentation:

Place out a part of the mascarpone and coffee cream on the bottom of the mould. Cover with a disk of ladyfingers soaked in coffee and amaretto syrup. On top, place out another part of mascarpone mousse. Cover again with a disk of ladyfingers soaked in coffee and amaretto syrup. Place out the rest of the mascarpone mousse and cover with cocoa crumble. Finish off with cocoa powder. Keep cold at +4°C.

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Tiramisu Mousse for fillings in pastries and confectionery

Quescrem

Ingredients

500 g Quescrem Mascarpone

400 g cream with 35% fat

150 g sugar

40 g egg yolk

1 tbsp of instant coffee

15 g almond liqueur

Cocoa powder

Preparation

1. In a bowl place the egg yolks, along with the sugar, cook the yolks in a double boiler until they turn white, add the almond liqueur, beat for a few more seconds and remove from the double boiler.
2. Let stand at room temperature and add the **Quescrem Mascarpone** and cream, mix until you get a smooth cream without lumps.
3. Add the instant coffee and blend.
4. Place in a piping bag with a nozzle and fill the desired pieces, dust with cocoa.



[You can see the full videorecipe here](#)



Churromisu

Ingredients

For the churro base:

170 g Flour
310 g Water
3 g Salt
1 L Sunflower oil

For the mousse:

500 g Quescrem Mascarpone
240 g Cream with 35% fat.
20 g egg yolk
75 g sugar
50 g Milk
5 g instant coffee

For assembly:

30 g Icing sugar
20 g cocoa powder

Preparation

Churro base

1. Mix the flour with the salt in a bowl and then bring the water to a boil and pour over the flour.
2. Blend with a spoon until it is uniform and place the dough in a churro maker with a thin nozzle.
3. Dose directly into the hot oil, forming an oval shape.
4. Fry in very hot sunflower oil until it turns golden. Drain the oil on absorbent paper.
5. Place it as our Churromisu base.

Mascarpone mousse:

1. In a bowl, mix the egg yolk with the coffee and sugar, and beat until stiff.
2. Add to the mix the Quescrem Mascarpone and cream and beat until it becomes a mousse. Do it bit by bit so that it does not lose its aeration.
3. Dose over the individual churro base

Assembly:

Dust the upper part with a bit of cocoa powder.

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Cup of Tiramisu with red berries

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Ingredients

6 Dry ladyfingers

375 g Quescrem Mascarpone

50 g Sugar

2 Egg yolks

1 Egg white

190 g Berries

100 g Water

75 ml Rum

Raspberries and blueberries
for garnish

Preparation

1. Separate the egg whites from the yolks and set aside.
2. In a bowl, mix the sugar and the Quescrem Mascarpone until you get a smooth cream.
3. Add the egg yolks one by one and stir vigorously, add the liqueur.
4. Whip one of the egg whites and add bit by bit to the mascarpone mix, set aside.
5. Separately, bring the water to a boil together with the sugar and the red berries, let it boil for a few seconds, remove and crush, place in a deep bowl and dip the cakes deep into this mixture, allowing them to soak.
6. In the cups, place the cakes soaked with the red fruits, and then the mascarpone cream.
7. Let cool and garnish with red berries on top.



Lactose-free Tiramisu Flan

Ingredients

For the caramel

150 g Sugar

15 g Water

10 g Lemon juice

For the flan

284 g Mascarpone

Mascarpone 0% Lactose

284 g Lactose-free milk

270 g Egg (4 L eggs)

160 g Sugar

10 g Instant coffee

Preparation

Caramel:

1. Place the sugar, lemon and water in a saucepan.
2. Put over medium heat and leave until it turns golden.
3. Place the hot caramel into the dariole mould.

Flan:

1. Mix Quescrem Mascarpone 0% Lactose with all the other ingredients with the help of a blender.
2. Pour the creamy mixture into the caramelised mould and cook at 150°C in the oven with a double boiler for 30 minutes.
3. Remove from the oven and keep in the refrigerator for 2 hours before unmoulding.



Lactose-free Tiramisu Brownie

Ingredients

250 g Quescrem Mascarpone

0% Lactose

250g sugar

200 g eggs

160 g lactose-free chocolate coating (55%)

130 g plain pastry flour

130 g walnuts

3 tablespoons of coffee made (optional)

Preparation

1. Place the egg along with the sugar in a blender bowl and mix well.
2. Separately, melt the chocolate coating and mix with **Quescrem Mascarpone 0% Lactose**.
3. Optionally you can add to the previous mixture 3 tablespoons of coffee already prepared to give it a more classic tiramisu flavour.
4. Add the batter with egg and sugar to the chocolate and mascarpone mix. Mix carefully.
5. To finish off, add the sifted flour along with the chopped walnuts. Mix and fill an oiled and flour-coated mould.
6. Cook at 170°C between 30 and 45 min.
7. Let cool and garnish with red berries on top.

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Lime Tiramisu

Ingredients

For the crumble:

300 g Butter
400 g Sugar
400 g Plain pastry flour
5 g Salt

For the mascarpone and lime cream:

500 g Quescrem Mascarpone
1,250 g Whole milk
420 g Sugar
210 g Cornstarch
550 g Egg yolk
20 g Grated lime or lemon peel

For the Swiss meringue:

400 g Egg whites
600 g Sugar

Preparation

Crumble base:

1. Mix all the ingredients until you get a brittle dough.
2. Bake at 160°C for 25 minutes.
3. Temper the dough slightly and pass through the robot kneader with the spiral arm to generate small pieces the size of dirt.
4. Bake at 180°C for 10 minutes more.
5. Keep at room temperature.

Mascarpone and lime cream:

1. Mix the starch with sugar and 300g of milk and beat. Add the egg yolks.
2. Separately, in a saucepan, heat the Quescrem Mascarpone along with the rest of the milk and the lime peel until it boils, add the sugar mixture and stir until it boils again.
3. Remove from the fire
4. Stir while it cools to avoid the formation of lumps.
5. Once cold, place in a piping bag.

Swiss meringue:

1. Place everything together to heat in a double boiler and stir until the mixture reaches 55°C.
2. Place in the blender and mix until it cools at high speed and whip
3. Place in a piping bag.

Assembly:

1. Place crumble at the bottom of a glass or cup.
2. Fill with mascarpone and lime cream.
3. Dose the meringue over the cream as decoration. (It can also be torched to give it a toasted touch).
4. Grate lime peel over the surface.

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Lactose-free Tiramisu with matcha tea, apple and lime

Ingredients

For the biscuit base

5 Egg whites
3 Egg yolks
85 g Flour
1 teaspoon of cornstarch
75 g Sugar
Icing sugar

For the mascarpone cream

250 g Quescrem Mascarpone

0% Lactose

200 ml Lactose-free cream
3 Egg whites
2 tablespoons of sugar

For the matcha tea syrup

250 ml Water+50 ml Water
100 g Sugar
7 g Matcha tea

Complements:

2 Granny Smith Apples
2 Limes

Preparation

For the biscuit base:

Pre-heat the oven to 200°C. Make a French meringue, beating the egg whites with the sugar until they are firm. Add the egg yolks. Sift the flour with the cornstarch and add to the previous mixture. Pour the dough into a piping bag with a round nozzle and, on parchment paper, make strips of dough (stuck to each other). Bake for 8-10 minutes.

For the mascarpone cream:

Prepare a Swiss meringue, heating the egg whites (in a double boiler) with the sugar until, to the touch, the sugar has dissolved and is not noticeable. Pour the whites into a bowl and whip until stiff. Mix the Quescrem Mascarpone 0% lactose with the cream (without whipping) and add this mixture, with enveloping movements, to the Swiss meringue. Keep in the refrigerator.

For the syrup:

Prepare an infusion of matcha tea with 50 ml of water and 7 g of matcha tea. Heat 200 ml of water with the sugar until it reaches 80°C. Add the matcha tea infusion and let it rest and temper.

Presentation:

Have a ladyfingers base soaked with the matcha tea syrup. On top, alternate mascarpone cream with Granny Smith green apple. Finish off with a portion of cream and lime zest on top.



Tiramisu is an Italian dessert that triumphs after every meal

Despite being a seemingly simple dessert, it hides little secrets that if not taken into account will make the tiramisu not shine in all its splendour.

In addition, it is a sweet that admits many interpretations and to which different flavours can be added to give it more personality.

One key to achieving perfection in tiramisu, and in many other desserts, is practice. In this guide, you have all the keys to making it successful and many recipes for all tastes.

Enjoy putting it into practice!

The logo for Quescrem, featuring the brand name in a white, cursive script font with a thin underline.

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www.quescrem.es

Pol. Ind Castro Riberas de Lea p54-57
27260 Castro de Rei (Lugo)
info@quescrem.es | Tel.: (+34) 982 310 276

