

DESSERT

PHOTOGRAPHY *Chris Court*
STYLING *David Morgan*



MIA DOLCI ITALIANI

ORAZIO D'ELIA

"As a good Italian, I love my coffee. And so I thought, why don't I combine everyone's favourite – a classic coffee-flavoured tiramisu – with something else very well-known, like a choux pastry? Bingo! Tiramichoux."

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Tiramichoux (p 107);
OPPOSITE: Pandoro
tiramisu (p 112)

D'ITALIA

WICKED.



RESTAURANT PENDOLINO



NINO ZOCCALI

"Pandoro is a Veronese variation of panettone, which literally translates to 'big bread' thanks to its filling of raisins and peel. Pandoro, or 'bread of gold', differs as it has no peel or raisins in the mix. At Easter, it's made into the shape of a dove, known as a 'colomba'. Here, we're using it in a unique way, as part of another classic Italian dessert – tiramisu."

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No one does the sweet life quite like the Italians. Eight renowned Italian chefs share their cherished recipes that hero favourite flavours, evoke happy memories and honour family traditions.

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Ricotta & pistachio panna cotta with blood plums (p 111)



ROSA'S CANTEN

ROSA MITCHELL

"Pistachio and ricotta are two of my favourite Sicilian ingredients. They're so delicious together in this panna cotta."

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ORMEGGIO AT THE SPIT

ALESSANDRO PAVONI

"Sbrisolona means 'crumbly' in my dialect. When you cut this cake, it crumbles due to the ground almonds and polenta. This is delicious accompanied with something creamy, like mascarpone or vanilla gelato, and is typically served to visitors with a glass of white dessert wine."

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Torta sbrisolona with zabaglione (p 108)





Migliaccio

FICO, HOBART



FEDERICA ANDRISANI

"This recipe reminds me of a very happy moment in my childhood. I grew up in Naples, and during Carnevale, my sister and I and our friends would eat these delicious sweets. My favourite was always the migliaccio, still hot from the oven."

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**ORAZIO D'ELIA
TIRMICHOUX**

MAKES 10
You'll need a large piping bag with a 1cm plain nozzle, a sugar thermometer and a 6cm round cookie cutter.

ESPRESSO CARAMEL
80g liquid glucose
120g caster sugar
1/3 cup (15g) instant espresso powder (we used Lavazza)
150ml pure cream
1/2 tsp vanilla paste
30g chopped unsalted butter, at room temperature

CRUMBLE
100g caster sugar
2/3 cup (80ml) plain flour
100g unsalted butter, at room temperature

CHOUX PASTRY
3 large eggs, at room temperature
85g unsalted butter, chopped
1/3 cup (80ml) milk
80g plain flour, sifted

MASCARPONE CREAM
30g caster sugar
3 large egg yolks, at room temperature
600ml thickened cream
1 cup (250g) mascarpone

For the caramel, place the glucose and sugar in a small saucepan over medium heat and cook, swirling pan frequently, for 8-10 minutes until sugar has melted and a deep golden caramel forms (don't worry if the sugar crystallises halfway; continue swirling the pan so it melts completely and becomes smooth). Reduce heat to low.

Meanwhile, place espresso powder, cream and vanilla in a separate small saucepan over high heat, whisking constantly, until espresso powder dissolves and mixture comes to the boil.

Carefully pour the hot cream mixture over the caramel in pan (it will splatter), stirring to combine. Cook, stirring constantly, over low heat until mixture reaches 104°C on a sugar thermometer,

is completely smooth and any crystallised sugar has dissolved. Stir in 1/2 tsp fine salt. Remove pan from heat and cool to 50°C, then stir in butter until melted and combined. Transfer espresso caramel to a small container, cover and freeze until almost ready to assemble.

For the crumble, use hands to combine ingredients in a medium bowl, then knead lightly until smooth. Roll between sheets of baking paper to 2mm thickness, then transfer to a large baking tray and freeze for 30 minutes until firm.

Preheat oven to 220°C/200°C fan-forced. Grease two large baking trays and line with baking paper. For the choux pastry, crack the eggs into a measuring jug (do not mix). Place the butter, milk, 1/2 tsp fine salt and 1/3 cup (80ml) water in a medium heavy-based saucepan over medium-high heat. Cook, swirling pan occasionally, until butter has melted, then bring mixture to the boil. Immediately add the flour and beat vigorously with a wooden spoon for at least 2 minutes until mixture forms a smooth ball that pulls away from sides of pan. Reduce heat to low and beat mixture for at least 1 minute to dry out dough.

Remove from the heat and stand for 1 minute to slightly cool. Add the eggs, one at a time, beating thoroughly with a wooden spoon until combined (dough should be shiny and smooth). Transfer choux dough to a large piping bag fitted with a 1cm plain nozzle. Pipe 10 roughly 6cm rounds onto the prepared trays, 5cm apart, to allow enough room for them to double in size.

Use a 6cm round cookie cutter to cut rounds of the frozen crumble. Rest a crumble round on top of each choux dough, lightly pressing down. Bake for 25 minutes until pastries are puffed, deep golden and feel light for their size. Remove and cool on trays.

For the mascarpone cream, place sugar and yolks in a stand mixer fitted with the whisk attachment. Whisk on medium-high speed for 5 minutes, scraping down side of bowl occasionally, until very pale and fluffy and sugar has dissolved. Add cream. Whisk until firm peaks form, then



fold through mascarpone until just combined. Transfer to a large piping bag fitted with a 1cm plain nozzle. To assemble, remove espresso caramel from the freezer and stand at room temperature for 15 minutes. Stir well with a teaspoon. Cut tops off choux pastries. Pipe mascarpone cream into choux, then drizzle with espresso caramel. Replace choux pastry tops and serve.

**FEDERICA ANDRISANI
MIGLIACCIO**

SERVES 6-8
You'll need an 8cm-deep, 4l-capacity baking dish.

3 cups (750ml) milk
300g white sugar
35g unsalted butter
100g semolina
5 large eggs, lightly whisked
400g ricotta (we used buffalo ricotta)
Finely grated zest of 1/2 large orange and 1/2 large lemon
2 tsp vanilla extract

CARAMELISED HONEY & ORANGE MASCARPONE
2/3 cup (240g) honey (we used Tasmanian leatherwood honey)
Finely grated zest and juice of 1 large orange
1 cup (250g) mascarpone
150ml pure cream

Preheat oven to 200°C/180°C fan-forced. Place the milk, sugar and butter in a large saucepan over medium-high heat

WICKED.

and cook, stirring constantly, until sugar dissolves and mixture almost comes to the boil. Slowly add the semolina in a thin steady stream while whisking constantly until combined. Remove pan from heat and allow to cool for 30 minutes.

Lightly whisk the semolina mixture in pan until smooth, then use a spatula to stir in the remaining ingredients until combined. Pour into an 8cm-deep, 4L-capacity baking dish. Bake for 1 hour 10 minutes or until cooked when a skewer inserted at centre comes out clean and the top is puffed and golden.

Meanwhile, for the mascarpone, place the honey in a small saucepan over medium heat. Cook, stirring frequently, for 4-5 minutes until deep golden. Remove pan from heat and immediately stir in zest and juice, being careful as the mixture will splatter. Stir to combine, then return pan to a very low heat and cook, stirring constantly, until mixture is smooth and any crystallised pieces have melted. Transfer to a small heatproof jug and cool to room temperature. Just before serving, combine mascarpone and cream in a medium bowl and then fold through half the honey mixture.

Serve *migliaccio* still warm with a dollop of honey & orange mascarpone and remaining honey mixture drizzled over.

ALESSANDRO PAVONI TORTA SBRISOLONA WITH ZABAGLIONE

SERVES 8

You'll need a 20cm round cake pan.

100g unsalted butter, chopped, at room temperature, plus 25g extra, to grease
1 $\frac{2}{3}$ cups (250g) tipo '00' flour, sifted
2 cups (200g) almond meal
150g instant polenta
1 cup (220g) caster sugar
Finely grated zest of 1 lemon
2 large egg yolks
100g lard, at room temperature

ZABAGLIONE

5 large egg yolks
 $\frac{1}{2}$ cup (110g) caster sugar

Finely grated zest of 1 orange
100ml sweet white wine

Preheat oven to 180°C/160°C fan-forced. Grease a 20cm round cake pan generously with the extra butter.

Place the flour, almond meal, polenta, sugar and lemon zest in a large bowl. Add the egg yolks, lard and butter and, using your hands, rub into the flour mixture until it resembles coarse breadcrumbs.

Spoon the mixture into the prepared pan and tap it on a workbench to level it, then lightly press crumbs to create a level surface.

Bake for 1 hour or until a skewer inserted into the centre of the cake comes out clean. Set aside in pan until just warm, then turn out of pan.

When ready to serve, make the *zabaglione*. Place all ingredients in a large heatproof bowl and whisk to combine. Place over a medium saucepan of simmering water (don't let base of bowl touch the water), and whisk for 5-6 minutes until the *zabaglione* is thick, glossy and forms soft peaks.

Serve the cake at room temperature, dolloped with *zabaglione*.

JANINA ALLENDE ZUPPA INGLESE WITH CARAMELISED FIGS

SERVES 8-10

"I chose to do a version that fits well with the month of March, when figs are at their best. I would recommend preparing the sponge a day ahead, so assembly is faster, or use ladyfingers if low on time." - Janina Allende. You'll need a 1.5L trifle bowl and a 20cm x 30cm slice pan.

300ml thickened cream, whipped

CREMA PASTICCERIA

2 cups (500ml) milk
1 vanilla bean, split, seeds scraped
4 large egg yolks
 $\frac{1}{2}$ cup (110g) caster sugar
 $\frac{1}{4}$ cup (35g) plain flour

SPONGE CAKE

5 large eggs
150g caster sugar
Finely grated zest of $\frac{1}{2}$ lemon
120g plain flour, triple sifted
50g unsalted butter, melted and cooled

CARAMELISED FIGS

$\frac{1}{4}$ cup (95g) runny honey
1 tbs demerara sugar
Finely grated zest and juice of 1 orange
10 figs, halved lengthways
 $\frac{2}{3}$ cup (160ml) rum

For the *crema pasticcera*, bring the milk, vanilla pod and seeds almost to the boil in a medium saucepan over medium heat. Whisk yolks and sugar in a large bowl until pale and creamy and doubled in volume. Whisk in flour until smooth. Slowly whisk in hot milk until smooth. Strain through a fine sieve into a clean medium saucepan. Cook, stirring constantly, over medium-high heat until mixture thickens. Pour into a bowl and cover with plastic wrap touching the surface. Chill until cold.

For the sponge cake, preheat oven to 190°C/170°C fan-forced. Grease a 20cm x 30cm slice pan and line with baking paper.

Place eggs, sugar and zest in a stand mixer fitted with the whisk attachment. Whisk for 10 minutes until pale and tripled in volume and sugar has dissolved. Gently fold through the flour until combined. Gently fold through the butter until combined. Spoon into prepared pan and level surface with a spatula. Bake for 20 minutes or until golden and a skewer inserted in centre comes out clean. Cool in pan. If not using straight away to assemble, remove from pan, wrap in plastic wrap and chill.

For the figs, preheat oven to 200°C/180°C fan-forced.

PELLEGRINO 2000



JANINA ALLENDE

"This Italian layered dessert may be less famous than tiramisu, but needn't be ashamed when it comes to its harmonious blend of texture, flavour and presentation. Served in a glass bowl showcasing layers of soaked sponge cake or ladyfingers, custard and whipped cream, it can be served with fruits, grated chocolate, almond slivers or other decorative foods."

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Zuppa Inglese with caramelised figs

RECIPE NOTE: We used a tall, narrow trifle dish and made 3 layers of sponge, but you can use a wider dish and do 2 layers of sponge. Cut the sponge to fit your dish.



Pitoni Messinesi alla ricotta

CAVALLARO & SONS



TONY CAVALLARO

"This recipe has been passed down by my grandmother, who made these Sicilian sweets in the town of Messina over one hundred years ago. Pitoni continue to be a part of our family's celebrations and are always the highlight of any special occasion. Nothing compares to eating a warm pitoni sprinkled in icing sugar – it's honestly one of the best sweets you will ever try!"

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**ROSA MITCHELL
RICOTTA & PISTACHIO PANNA
COTTA WITH BLOOD PLUMS
SERVES 6**

You'll need an 18cm round cake pan. Begin this recipe a day ahead.

- Canola oil cooking spray, to grease
- 1 cup (250ml) milk
- 5 platinum-strength gelatine sheets (we used McKenzie's)
- 1½ cups (375ml) pure cream
- ½ cup (110g) caster sugar
- 250g fresh ricotta
- ¼ cup (65g) pistachio paste (from speciality grocers)
- 1 tbs crushed pistachios, to sprinkle

MARSALA BLOOD PLUMS
6 blood plums, halved, stones removed
½ cup (125ml) Marsala
⅓ cup (120g) runny honey

Grease base and side of a 18cm round cake pan with canola oil spray.

Place ½ cup of the milk and the gelatine in a small bowl and set aside for 5-10 minutes to soften.

Place cream and sugar in a medium saucepan over medium-high heat and bring almost to boiling point, then immediately remove pan from heat.

Remove gelatine leaves from milk and squeeze out excess moisture, reserving milk. Add the softened gelatine to cream mixture and whisk until completely dissolved. Whisk in the reserved milk, then strain into a large heatproof jug and stand at room temperature for 5 minutes to cool slightly.

Combine honey, sugar, zest and juice in a medium bowl. Add figs and gently toss to coat. Arrange figs, cut-side up, on a baking tray. Pour over the honey mixture. Roast for 20 minutes, then set aside to cool. Transfer figs to a plate, reserving pan juices, and sprinkle figs with salt flakes. Transfer pan juices to a jug and stir through rum. Pour 100ml into a small saucepan and bring to the boil over high heat, setting remaining rum mixture aside. Cook for 2-3 minutes until reduced to 2 tbs syrup. Set aside.

To assemble, layer a piece of sponge (you will need to cut it to fit your dish, see note, p 109) in the base of a 1.5L trifle bowl. Drizzle over one-third of the rum mixture, top with one-third of the *crema pasticceria* and arrange one-third of the figs on top, cut-side facing out. Repeat twice more with remaining sponge, rum mixture, *crema pasticceria* and figs. Chill, covered, for at least 1 hour, or overnight.

When ready to serve, top with whipped cream and drizzle with reduced fig syrup.

Put a tiny bit of oil on your fingers and knead dough, adding up to 1 tbs extra flour if the dough is a bit sticky. Stand, covered with a tea towel, for 10 minutes. On a floured bench, divide dough into 2 logs and cut each log into 9 portions. Roll each portion into a ball using the palm of your hand. Place each ball onto a floured tray, allowing some space between each ball for it to rise. Stand, covered with a tea towel, for 30 minutes.

Working with 1 ball at a time, roll out on a floured surface to an 11cm circle. Brush edges with a little water. Place 1½ tbs ricotta filling onto one half of the circle, then fold pastry over to enclose filling. Press edges firmly to seal, then pleat edges. Repeat to make 18 pitoni.

Heat 5cm oil in a large saucepan over medium heat until 180°C (a cube of bread will turn golden in 60 seconds when the oil is hot enough). Deep-fry pitoni, in batches, turning, for 3-4 minutes until golden. Drain on paper towel. Stand until cool or lukewarm. Dust with icing sugar and serve.

NOTES: Fresh ricotta is sold in plastic sieves and varies in moisture content. Press any moisture out before adding the sugar so the filling will not be too wet. Pitoni are best eaten on the same day (preferably within a few hours), however they can be assembled and frozen on a tray in a single layer. Once frozen, pop in a plastic bag and store for up to 1 month. Deep-fry straight from the freezer.

**TONY CAVALLARO
PITONI MESSINESI ALLA RICOTTA
(SICILIAN FRIED CALZONE
WITH RICOTTA)**
MAKES 18

- 2 tsp dried instant yeast
- 100ml milk
- ⅓ cup (80ml) hot water
- 2 cups (300g) plain flour, sifted, plus extra, to knead and roll
- 15g lard, finely chopped
- ¼ tsp vanilla essence
- Vegetable oil, to deep-fry
- Icing sugar, to dust

RICOTTA FILLING
500g fresh ricotta (see notes)
125g caster sugar
Finely grated zest of ½ lemon

For the filling, mix the ricotta and sugar in a medium bowl until well combined. Pass through a fine sieve into another medium bowl. Stir through zest until well combined.

For the pastry, place 2 tbs warm water in a small bowl. Sprinkle over the yeast and



Meanwhile, while cream mixture cools, place the ricotta, pistachio paste and remaining 1/2 cup milk in a small food processor. Whiz until smooth, scraping down side of bowl once or twice.

Whisk the ricotta mixture into the slightly cooled cream mixture in the jug until smooth, then pour into the prepared pan, tapping base firmly on the benchtop to release any trapped air bubbles. Chill, uncovered, for at least 8 hours or overnight until set (the panna cotta will still have a good wobble).

For the Marsala blood plums, place plums in a flat, heatproof dish, cut-side up. Place the Marsala and honey in a small saucepan over medium-high heat and cook, stirring constantly, until the honey dissolves and mixture comes to the boil. Boil, shaking pan occasionally, for 3 minutes until thickened slightly. Immediately pour over plums in dish, carefully turn plums to coat, then stand until cooled to room temperature, carefully turning only once or twice.

Turn panna cotta out onto a serving plate, spoon over the Marsala plums and sprinkle with pistachios. Serve.

NOTE: You can also make this panna cotta in individual moulds, using the same setting time.

NINO ZOCCALI PANDORO TIRAMISU SERVES 8

You'll need a 2L baking dish and a piping bag with a 1cm star nozzle. Begin this recipe a day ahead.

5 large egg yolks
1 cup (220g) caster sugar
700g mascarpone
3 large egg whites
400ml strong black coffee, cooled
2 tbs Marsala
600g pandoro (or colomba,
see chef's note, p 103)
Dutch cocoa powder, to dust

Whisk the egg yolks and 1/2 cup (110g) sugar in a large bowl until pale and creamy and sugar has dissolved. Add mascarpone and stir until combined.

Whisk the egg whites with 1/3 cup (75g) sugar in a separate large bowl until stiff peaks and sugar is dissolved. Gently stir egg white mixture through mascarpone mixture. Set 2 cups of mixture aside in a large bowl to decorate.

Stir the coffee, Marsala and remaining 2 tbs sugar in a medium bowl until sugar dissolves.

Slice the pandoro into 3cm-thick slices.

Arrange half the slices of pandoro in the base of a 2L baking dish, cutting to fit. Drizzle over half the coffee mixture.

Spoon over half the remaining mascarpone mixture. Dip the remaining cake in the coffee mixture and arrange to make a second layer of cake. Cover with remaining mascarpone mixture. Level surface with a spatula. Whisk the reserved mascarpone mixture until firm peaks form, and spoon into a piping bag fitted with a 1cm star nozzle. Pipe different-sized stars over the tiramisù. Cover and chill overnight. Serve dusted with cocoa.

ASHLEY KENT STRUFFOLI MAKES 1 WREATH

2 1/3 cups (350g) plain flour, plus
1 cup (150g) extra, to roll
Finely grated zest of 1 large lemon
and 1 large orange
1/4 cup (55g) caster sugar
1/4 tsp baking powder
115g unsalted butter, cut into
1.5cm pieces, at room temperature
3 large eggs, at room temperature
1 tbs white wine, such as pinot grigio
1 tsp pure vanilla extract
Canola oil, to deep-fry
1 cup (150g) hazelnuts, toasted, skins
rubbed off

HONEY LEMON SYRUP 1 cup (360g) runny honey 1/2 cup (110g) caster sugar 1 tbs lemon juice

Place the flour, zests, sugar, baking powder and 1/2 tsp fine salt in a food processor and whiz until combined.

Add the butter and pulse until the mixture resembles a coarse meal. Add the eggs, wine and vanilla. Pulse until the mixture forms a ball (see note). Wrap the dough in plastic wrap and chill for 30 minutes.

Place extra flour in a medium bowl. Using a teaspoon, scoop level 1 tsp measures of dough. With floured hands, roll dough into small balls and toss in extra flour to coat before shaking off any excess and placing on a large baking tray.

Heat 5cm oil in a large saucepan over medium heat until 180°C (a cube of bread will turn golden in 60 seconds when the oil is hot enough). Fry dough in batches, gently stirring occasionally, for 2-3 minutes until golden all over and cooked. Transfer to paper towel to drain.

For the honey lemon syrup, place the honey, sugar and lemon juice in a large, deep frypan over medium heat. Cook, stirring constantly, until sugar dissolves and mixture just comes to the boil. Remove from the heat.

Add the fried dough and hazelnuts to the hot syrup mixture and gently stir until evenly coated. Stand for 2 minutes, gently stirring once.

Using a large spoon, arrange struffoli and hazelnuts on a serving plate to form a rough wreath. Drizzle over any remaining honey mixture from the pan. Serve warm or at room temperature.

NOTE: Don't work or knead the dough too much as it has no yeast in it, only baking powder. If you work it too much, your struffoli will become tough.

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Struffoli

RAMONA TRATTORIA



ASHLEY KENT

"Struffoli (Neapolitan) or pignolata (Sicilian) are a kind of a honey doughnut that remind me of loukoumades from Greece. For me, they represent family and the good times you have together. Most commonly served around Christmas but also served at Carnevale – one of the biggest festivals in Italy."

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