

Just about Tiramisu

Ingredients for 2:

4 savoiardi biscuits
1 cup of coffee
100 gr of ricotta cheese
6 teaspoons of honey
20 gr of dark chocolate
10 gr of pistachios

You know, when you have to lose weight it's not the case eating sweets and unfortunately I must to lose weight.

Anyway who said that good things aren't necessarily healthy?

Last week I felt like eating of a good tiramisu but you know that tiramisu it's a high caloric sweet so I worked out a light recipe.

To tell the truth I stole the idea from my wife who some days before prepared me a dish made with ricotta and dark chocolate that I liked very much.

Ricotta is a light-cheese which goes well together coffee and chocolate so why don't try making tiramisu, replacing the eggs, sugar, double cream and mascarpone with ricotta? So I did it.

The secret to make a good light tiramisu is the choice of a good ricotta cheese .

You haven't to buy a common ricotta but a goat ricotta cheese because its consistency and lightness contribute to the success of the recipe.

There is not a tiramisu without savoiardi biscuits as well, lady fingers as you like to call them.

First of all prepare the equivalent of a cup of coffee and let it cool.

Meanwhile put the ricotta cheese into a large bowl , add 3 teaspoons of honey and mix powerfully with a whisk.

When the ingredients become creamed, break the chocolate into pieces and add them into the bowl mixing again.

Take the savoiardi biscuits and lay them into the coffee for 4-5 seconds, they have to absorb the coffee, avoiding them to become mushy (I have broken in half the savoiardi because I have used a long glass).

Put the savoiardi into the glass then cover with the ricotta mousse and topping it with pistachios and chocolate chips or flakes.

Let it cool in the fridge for at least 2 hours.

Awesome!!!