



Tiramisu L'Angélique

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS: **12**

PREPARATION: **60 MINUTES**

REFRIGERATION: **12 to 24 HRS**

COOKING: **45 MINUTES**

INGREDIENTS

Genoise:

- 120 g (3/4 cup + 2 tbsp) all-purpose flour "La Merveilleuse"
- 5 ml (1 tsp) baking powder
- 1 ml (1/4 tsp) salt
- 4 large eggs (about 220 g)
- 110 g (1/2 cup) cane sugar
- 5 ml (1 tsp) vanilla extract
- 5 ml (1 tsp) almond extract

Vanilla cream:

- 280 g (2 cups) cashew nuts, soaked for 4 hours and drained
- 2 packets of 349 g (12.3 oz) extra-firm silky tofu
- 145 g (2/3 cup) cane sugar
- 60 ml (4 tbsp) coconut oil (mild in taste and firm at room temperature)
- 1 vanilla bean, scraped
- 10 ml (2 tsp) vanilla extract

Coffee syrup:

- 250 ml (1 cup) strong coffee, kept cold
- 45 ml (3 tbsp) maple syrup
- 22.5 ml (1 1/2 tbsp) dark rum

Garnish:

- 15 ml (1 tbsp) cocoa
- Mint, for service (optional)

PREPARATION

Genoise:

1. Preheat the oven to 325 °F. Oil and flour a 9-inch (23 cm) hinged pan.
2. In a bowl, combine flour, baking powder and salt. Set aside.
3. In another bowl, beat eggs with an electric mixer at high speed (about 1 minute). Gradually add the sugar and continue beating until smooth (about 3 minutes). Then add the vanilla extract and almond extract. Beat again.



A tiramisu without mascarpone, that is, without dairy products, is possible. Let yourself be tempted, this version is perfectly angelic!

4. Sift the flour mixture over the egg mixture then gently fold in the flour with a spatula.
5. Pour the mixture into the pan and bake on the centre rack of the oven, about 40 to 45 minutes or until a toothpick inserted comes out clean.
6. Turn the cake over, without unmoulding it, and let it cool completely (about 45 minutes). Unmould the cake and place on a plate.

Vanilla cream:

1. Blend all ingredients in a blender until smooth.
2. Refrigerate in an airtight container until cream is completely cold. This step will also allow it to have a firmer texture.

Assembling the dish:

1. Using a sharp knife, cut the sponge cake across the center, horizontally.
2. Combine coffee, maple syrup and rum in a 9-inch (23 cm) glass plate.
3. Soak one half of the sponge cake in the coffee syrup and place on a serving plate.
4. Cover with half the vanilla cream.
5. Dip the other half of the sponge cake in the coffee syrup, place on top of the first one and cover with the remaining vanilla cream.
6. Cover and refrigerate for a minimum of 12 hours.
7. When ready to serve, sift the 15 ml (1 tbsp) of cocoa on top.
8. Decorate each serving, to taste, with mint leaves.