

Tres Leches Tiramisu

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Original recipe and notes at www.devamadeo.com



Details:

Yield: a 8" deep dish, about 9 pieces

Total time: 45 minutes, plus 6 to 8 hours in the fridge (overnight)

Active time: 20 minutes

Equipment: stand mixer or electric hand mixer, deep dish, silicon spatula, strainer to dust the cinnamon cocoa powder on top.

My Prep:

Ingredients:

Tres leches syrup:

- Evaporated milk - 6 oz, $\frac{3}{4}$ cup or $\frac{1}{2}$ can
- Sweetened condensed milk - 7 oz, $\frac{3}{4}$ cup + 1 Tsp or $\frac{1}{2}$ can
- Milk, preferably whole - 2 oz, $\frac{1}{4}$ cup
- Natural granulated sugar (optional, just to enhance the sweetness of the milk) - $\frac{1}{2}$ Tsp
- Pinch of cinnamon
- Dark rum (optional) - 1 to 2 TBSP, to taste

Steps:

Making the tres leches syrup:

In a bowl combine the $\frac{1}{2}$ can of evaporated milk, the $\frac{1}{2}$ can of sweetened condensed milk, the $\frac{1}{4}$ cup of whole milk, the $\frac{1}{2}$ teaspoon of sugar, the pinch of cinnamon and the tablespoon of dark rum, if using. Chill thoroughly (see notes about speeding up this step).

Making the tiramisu:

In the bowl of a stand mixer with the whisk attachment or with an electric hand mixer with the whisk attached, mix the egg whites with the $\frac{1}{4}$ teaspoon of cream of tartar and the $\frac{1}{4}$ teaspoon of lemon juice or white vinegar.

Tiramisu:

- Organic pasteurized cage free eggs - 5, separated
- Cream of tartar - ¼ Tsp
- Lemon juice or white vinegar - about ¼ Tsp
- Natural granulated sugar - 4 TBSP, 50 g + 2 TBSP, 25 g
- Mascarpone cheese, chilled - 16 oz. (1 pound)
- Lady fingers - 22 to 25 pieces, 200g
- Blueberries or halved strawberries (optional) - about ½ cup
- Unsweetened cocoa powder mixed with a good pinch of cinnamon for dusting on top to serve - about 1 TBSP, 6g, of the mixture

My recipe highlights:

Extra notes:

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Fill the heart!



When soft peaks form (see notes), start gradually sprinkling 2 tablespoons of the sugar. Mix until stiff peaks form, just a notch before turning into meringue. Gently transfer to another bowl if using the same bowl for beating the egg whites, or set aside.

Change to the paddle attachment. Beat the egg yolks and the remaining 4 tablespoons of sugar on high speed (#8 in the Kitchen Aid) for 5 minutes, until foamy, thick and pale yellow.

While the egg yolks are beating, transfer mascarpone to a small mixing bowl and smooth it out with the back of a spoon. (If using a manual mixer, do this after beating the yolks.)

Drop about 2 to 3 tablespoons of the egg yolk mixture into the mascarpone cheese and mix until it starts to become a bit runny. Add 2 to 3 more and gently mix until well combined. Transfer to mixing bowl and in the lowest speed mix until the cheese has dissolved into the egg yolks, about 3 minutes.

Gently combine the egg whites into the egg yolk-mascarpone mixture with a folding motion. To fold, place the spatula in the center of the bowl and start rotating your wrist clockwise, going out towards the wall of the bowl and returning to center.

Spread a bit of the mascarpone cream on the bottom of your serving dish. Take out the fridge the tres leches syrup. Dip the ladyfingers in the syrup, about 25 to 30 seconds each side. The outer layer of the cookie should yield when you press it but the very center should feel hard. Arrange cookies very near to each other. Break in half some of the cookies before dipping to fill the sides of your dish if necessary.

Smooth out a bit less of half of the mascarpone cream on top of the ladyfingers (eyeball it here guys!). Create a second layer with the remaining cookies, soaking them in the tres leches syrup first.

Smooth out most of the remaining mascarpone cream, reserving about 1 cup to spread on top of the blueberries or strawberries (if not adding any fruit, just divide the mascarpone cream in half between each layer). Arrange the blueberries or pieces of strawberries and cover with the mascarpone cream left.

Cover with plastic paper and chill 6 to 8 hours, ideally overnight. Even better 2 days before planning on serving.

When ready to serve, mix about a tablespoon of natural unsweetened cocoa powder mixed with a good pinch of cinnamon (about $\frac{1}{8}$ teaspoon). Decorate each slice with some blueberries or strawberries. Serve chilled!

It will be good for 4 to 5 days covered in the fridge.

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