

Tasting, Sampling and Sharing with friends Fiore della notte (Flower of the night)



Ingredients

500g Mascarpone
4 Tbsp. caster sugar
3 egg whites (large) or (4 if medium)
200g 70% cocoa dark chocolate (Lindt or similar NOT Cadburys) Fondant if you can find it

Method

Cream – Loosen the mascarpone with a spoon of sugar, do not over mix or you end up with thick cheese.

In a clean bowl, put in the egg whites and whisk till thick and peaks. Add sugar and whizz until really thick until you can turn the bowl upside down without it falling out.

Fold beaten egg whites into the mascarpone, a little at a time, when finished it should be a smooth cream. Spoon into individual glasses, not reaching the top.

Refrigerate at least 4 hours.

Topping – Before serving. Place a bowl over boiling water. Do not let the water touch the bottom of the bowl. Break up the chocolate and put into the bowl, allow to melt and become creamy and runny. Try not to stir, if it should solidify, don't panic, put a spoon of your hot water into it, a little at a time, until you get it smooth and creamy. Pour a little of the chocolate over the top of each glass while hot and serve immediately.

Eat by dipping the spoon through the chocolate scooping cold cream and warm chocolate from the top.

Other toppings could be strawberries, Amaretti crushed biscuits, any fruits with a little liqueur. 2nd picture is topped with blueberries a little Cognac and dusted with icing sugar.

Serves 6-8

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