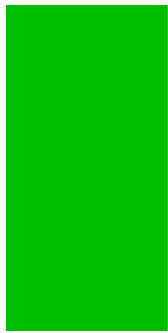


KamerKook  
*Catering & kookworkshops*

## Italian cooking workshop Amsterdam 2012

Resumé of Italian recipes



In this booklet you can find a selection of recipes from Italian cuisine as used during recent [cooking classes in Amsterdam](#) from KamerKook.

The recipes serve 6 persons unless stated otherwise. Enjoy cooking!

We look forward to meeting you again.

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## Fried polenta with pesto and mushrooms

Serves 5

### Ingredients:

50 gr polenta  
2 dl stock, preferably mushroom stock  
30 gr butter  
30 gr grated Parmesan cheese  
salt and pepper

75 gr mushrooms, sliced

pesto:

1 bunch fresh basil  
25 gr pine nuts  
50 gr Parmesan cheese  
2 cloves garlic  
1 dl olive oil  
sea salt

### Preparation:

Bring the stock to the boil and add the polenta all in once. Keep stirring firmly! The polenta begins to thicken. Add the butter and grated cheese. Still keep stirring for 2 minutes. Season with salt and pepper. Spread the polenta with a wet spoon on a baking tray to cool down.

Fry the mushrooms in a frying pan with some olive oil until golden brown.

Put the basil, pine nuts, cheese and garlic in a kitchen machine. Add the olive oil. Season with salt and pepper.

Line a baking tray with baking paper. Cut the cold polenta into pieces and place them on the baking tray. Put a little bit of olive oil on top, using a brush. Bake the polenta cookies in 10 minutes in a preheated oven (190°C) until golden brown.

Serve the polenta cookies with a bit of pesto and some mushroom slices on top.

## Stirfried cherry tomatoes with rosemary and garlic

Serves 6

Ingredients:

6		cherry tomatoes
1	tbsp	olive oil
1	clove	garlic, finely chopped
1		small branche of rosemary, needles finely chopped
10	gr	icing sugar
		salt and pepper

Preparation:

Prepare all ingredients. Place a serving dish near a frying pan (e.g. a Chinese wok).

Stirfry the tomatoes in batches.

Heat the olive oil in the frying pan. Add garlic and rosemary. Add tomatoes after 15 seconds. Add icing sugar after 20 seconds and serve!

## Caponata

Serves 6

Ingredients:

100 gr aubergines (eggplant), diced  
75 gr onions, chopped  
1 small celery stick, chopped  
25 gr green olives, in halves  
100 gr tomatoes, diced  
2 tbsp olive oil  
8 gr sugar  
1 tbsp white wine vinegar  
1 tsp capers  
salt and pepper  
fresh basil leaves (or flat parsley)



Preparation:

Put the aubergines in a colander, sprinkle with salt and leave to stand for 30 minutes. Rinse and pat dry with kitchen paper. Heat some olive oil in a large frying pan. Add the aubergines and cook over a medium heat, stirring frequently, until golden brown all over.

Meanwhile, heat the remaining olive oil in another pan. Add the celery, onions and tomatoes and cook for 10-15 minutes until thickened and pulpy. Season with salt and pepper. Stir in the sugar, vinegar, green olives and capers. Bring to the boil over a low heat. Add the aubergines and simmer for 10 minutes more.

Let the caponata cool down.

Cut the bread into pieces. Toast the bread in the oven with a bit of olive oil. Serve the caponata on the toasted crostini, sprinkled with basil leaves.

## **Focaccia with rosemary**

### Ingredients:

600	gr	flour
15	gr	yeast
450	ml	tepid water
½	tsp	course sea salt
		fresh rosemary
		olive oil

### Preparation:

Dissolve the yeast and the salt in some tepid water. Wait until it makes small bubbles. Put the flour in a large bowl and add the yeast/water. Add water to the proper thickness.

Knead until the paste is nicely elastic.

Cover the bowl with a clean towel and put it away in a warm spot for 30 minutes until the volume has doubled. A good spot is on top of the oven.

Take a metal plate and grease it with oil. Roll the paste until it is almost as large as the plate and lay it on the plate.

Cover the plate with the towel and put it away again for 15 minutes in a warm spot.

Sprinkle the foccacia with sea salt, fresh rosemary and some olive oil.

With a fork or knife, prick here and there in the paste. Bake the focaccia golden brown in the oven at a temperature of 175 degrees Celsius. It will take about 20-30 minutes.

## Roasted and stuffed squid (calamari)

Serves 6

### Ingredients:

6	pcs	medium sized squids (calamari)
		olive oil
1	clove	garlic, finely chopped
1		spring onion, sliced
½	pce	red chilli pepper, chopped
6		sprigs of parsley, finely chopped
3	tbs	bread crumbs
½	pce	lemon, zested and juiced
		salt and pepper

### Preparation:

Clean the squids. First separate the tentacles (and head) from sac: the sac content should come out attached to the tentacles, discard these innards. Wash sac, cut off the side "wings", remove eyes and mouth (also called beak in Italian) from the head. Chop the tentacles and wings coarsely. Heat about 1 tbs olive oil in a non stick pan and add the bread crumbs. Cook stirring till lightly browned and set aside. In the same pan add 1½ tbs olive oil and the garlic and place over medium heat. As soon as the garlic starts to sizzle add the chopped tentacles and wings and cook for about five minutes. Add the remaining ingredients and set the stuffing aside to cool. Stuff the squids with the mixture. Not too much, the squids will inflate a bit during cooking. Use a toothpick to close the squids.

Put the squids in an oven tray. Sprinkle some more breadcrumbs on top with a few drops of olive oil. Bake for 10 minutes on 200° Celsius in the oven. Alternatives: bake them in a non stick pan with some olive oil or place them on a hot grillplate.

## Grilled asparagus with tonnato sauce

Ingredients:

1	bunch	(green) asparagus
150	ml	mayonnaise
2	pcs	anchovy fillets
1	tbs	green capers
100	gr	tuna (canned)
		salt & pepper
		rucola
		bread



Put the anchovy fillets and the tuna in a blender and blend with the mayonnaise. Add the capers and blend another second. Flavour with salt, pepper and some lemon juice.

Trim the asparagus. Peel them gently. Grill them on a grillplate or a barbeque. (No oil!)

Crostini:

Cut bread in slices. Drizzle with some olive oil and toast them in the oven (180° Celsius) till golden brown. Put them on a large plate with some rucola. Put some pieces of grilled asparagus on the crostini. Finish with the tonnato sauce.

Serve immediately!

## Pappardelle al limone con spinaci

Serves 4

### Pasta

100 grams flour  
100 grams semolina flour  
2 pcs eggs  
olive oil

### Sauce

50 grams butter  
1 pcs lemon  
1,5 tbs fresh herbs (flat parsley, marjory, thyme)  
2 dl cream  
25 grams Parmesan cheese

400 grams spinach

### Tools:

-pasta machine  
-grater

### Preparation:

#### Pasta

Mix all the ingredients for the pasta. Work until it becomes a dough (it should be an elastic ball which doesn't stick to your hands. Add a few drops of olive oil if it remains too dry. Store in the refrigerator to rest while preparing the sauce. Cover the pasta machine and the working surface with some flour. Take the ball out of the refrigerator and keep it covered with a cloth or cling foil while working with the machine. Tear a piece of dough and roll it through the machine on level 1. Flour both sides and continue doing the same on level 2, 3 etc until 5 or 6. (depending on your machine). Flour again and fold it. Cut the pasta in stripes, unfold them and let them hang to dry.

Wash the spinach thoroughly and drain in a colander.

#### Sauce

Grate the zest of the lemon (the yellow skin). Chop the herbs. Melt butter in a pan and add cream, zest, salt and pepper. Boil on a low flame for 10 minutes. Then add the lemon juice and bring to the boil. Take of the fire. Bring a large quantity of salted water to the boil (in advance).

### Serving:

Heat the sauce. Put the pasta together with the spinach in the (salted) boiling water and cook al dente (about 2/3 minutes). Drain the pasta and add to the sauce. Add the herbs and reheat the pasta/sauce. Put on a plate, serve with grated parmesan cheese and some extra herbs.

Extra serving suggestion : place a grilled scallop, some slices of smoked salmon or a few fried gambas on top of the pasta.

## Risotto with pumpkin and a sauce of melted cheese

Serves 4

### Ingredients:

Risotto:

200	grams	risotto rice (arborio or carnaroli)
1	pce	onion (chopped)
¼	pce	pumpkin
	dash	White wine
1	liter	vegetable stock
50	grams	butter
50	grams	Parmesan cheese (grated)

Sauce:

100	grams	Soft cheese like Taleggio
100	ml	milk
		salt & pepper

Peel the pumpkin and cut in small cubes. Roast them in the oven for 20 minutes until cooked.

Fry the onion in some oil or butter. Add the rice and stir-fry for 30 seconds. Add a dash of white wine and some chopped garlic according to flavour.

Add some of the stock, bring to the boil and keep stirring. Repeat this procedure until the rice is almost cooked but still has a bite.

Cheese sauce:

Melt the cheese into the milk. Don't let the milk cook! Add salt and pepper according to flavour.

Serving:

Heat the rice with some more stock. Keep stirring and add the Parmesan cheese, roasted pumpkin and butter. Serve with sauce.

## Rotolo with wild spinach and funghi porcini

Serves 8

### Ingredients:

650 gr fresh pasta dough:  
200 grams flour  
200 grams semolina flour  
4 pcs eggs  
olive oil  
750 gr wild spinach  
200 gr ricotta  
150 gr grated pecorino or parmesan cheese  
40 gr dried funghi porcini  
3 st shallots, chopped  
3 tbsp marsala  
salt and pepper  
  
100 gr butter  
20 leaves of sage



clean tea towels, pieces of string

### Preparation:

Mix all the ingredients for the pasta. Work until it becomes a dough (it should be an elastic ball which doesn't stick to your hands). Put in the fridge to rest while preparing the other components. Cover the pasta machine and the working surface with the flour. Tear a little piece and roll it through the machine on level 1. Flour both sides and continue doing the same on level 2, 3 etc until 5 or 6. (depending on your machine). Spread out a clean tea towel. Cover the tea towel with pasta sheets. Fix them with a bit of water on the edges.

Soak the mushrooms in hot water during 15 minutes. Fry the chopped shallots in some butter until golden brown. Put the mushrooms in a sieve but keep the liquid. Rinse the mushrooms thoroughly under a running tap. Cut the mushrooms and add them to the fried shallots. Add a dash of the mushroom liquid and the marsala. Cook this mixture until the liquids are evaporated. Add salt and pepper according to flavour.

Wash the spinach thoroughly. Stirfry the leaves in a large frying pan. Use a colander to drain them. Mix the chopped spinach with the ricotta and the pecorino. Add salt and pepper according to flavour.

Spread out the spinach mixture in a thin layer. Put a line of the mushroom mixture on one side. Roll up the tea towel, starting from the side of the mushrooms. Roll the pasta sausage into the tea towel. Close both ends with a piece of string. Put another piece of string in the middle.

Cook the pastaroll (rotolo) in a large pan with boiling salted water during 20 minutes. Serve the rotolo sliced with a sauce or sage butter (melt butter in a sauce pan, add the leaves of sage; cook for 10 minutes and remove the leaves).

## Saltimbocca alla romana

Ingrediënts:

4 persons

saltimbocca

500	grams	veal filet (or guinea fowl)
4	slices	prosciutto (cured Italian ham)
4	leaves	sage
		flour
40	grams	butter
1	tbs	olive oil
1	dl	marsala
		salt and pepper

toothpicks



### Preparation:

Put a slice of prosciutto on each slice of veal. Put a sage leave on top and roll it. Keep together with a toothpick. Flour the roll and put salt and pepper on it.

Serve:

Heat the oven 180 C. Fry the saltimbocca in butter and oil. When golden brown on all sides take out of the pan. Take out the toothpicks and put in the oven. Pour the marsala in the pan. (Watch out for flames. Reduce the liquid on high flame. Add some butter for taste and texture. (not necessarily)

Cut the saltimbocca diagonally. (check if the meat is cooked (or rose to taste). Pour some sauce over it.

## Parmigiana di Melanzane

(Parmesan aubergines)

Serves 4

### Ingredients:

3	pcs	aubergines, cut lengthways into 5 mm thick slices
25	g	flour
300	g	diced tomatoes, fresh or canned
½		bunches of fresh basil
4	tbsp	olive oil
40	g	Parmesan cheese, grated
80	g	mozzarella cheese, sliced
		salt and pepper

### Preparation:

Place the aubergine slices in a colander, sprinkle with salt and leave to drain for about half an hour.

Meanwhile, put the tomatoes, 10 basil leaves and a pinch of salt and pepper in a pan and cook over a high heat, stirring frequently, for 15 minutes. Remove from the heat.

Pat the aubergine slices dry.

Heat some oil in a frying pan. Gently dust the aubergine slices with flour and fry - in batches - until golden brown on both sides. Remove and drain with kitchen paper.

Preheat the oven to 180° C.

Spoon a little of the tomato sauce into an ovenproof dish and arrange a layer of aubergine slices on top. Cover with a few slices of the mozzarella and sprinkle a few basil leaves on top. Continue making layers until all ingredients are used, ending with a layer of aubergine covered with tomato sauce. Sprinkle the grated Parmesan cheese on top.

Bake for 30 minutes.

## Oven roasted fennel with vermouth

### Introduction:

Italian vermouth & fennel are like good friends. Roasted fennel can be served both hot and cold as a side dish or as antipasti.

### Ingredients:

fresh fennel  
Italian white vermouth (e.g. Cinzano or Martini Bianco)  
butter  
garlic cloves  
salt and pepper

### Preparation:

Rinse the fennel bulbs under cold running water. Remove the outer leaves, which may be very hard, and trim the base. Set aside a bit of the green for decoration.

Prepare an oven tray with butter.

Slice the fennel bulbs with a mandoline (ask for instructions). Chop the garlic cloves. Place the fennel on the oven tray. Drizzle some vermouth on top. Dot with some more butter. Season with salt and pepper to taste.

Place the baking tray in a preheated oven, 190°C, for about 25 minutes.

Finish with a bit of the chopped green.

## Roasted vegetables

### Ingredients:

300	gr	Jerusalem artichokes
300	gr	yellow carrots or black carrots
300	gr	parsnip
6		shallots
½		bunch thyme
2	dl	olive oil
		sea salt & pepper



### Preparation:

Preheat the oven to 200° Celsius.

Wash the Jerusalem artichokes. Peel them with a vegetable peeler. Cut larger ones in halves. Clean the carrots. Cut them in halves. Peel the parsnip with a vegetable peeler and cut into pieces equal to the carrots.

Clean the shallots and cut them in halves.

Fill the oven dishes with the vegetables. Season with salt, pepper and thyme. Add olive oil.

Place the dishes with the vegetables for about 30 minutes in the hot oven.

## Branzino al finocchio al cartoccio

Serves 3

Ingredients:

- 3 pcs sea bass (either use whole or fillets)
- 2 pcs fennel bulbs, sliced thinly
- 1 pcs white onion, sliced thinly
- 2 pcs spring onion, chopped
- 2 sprigs flat parsley, finely chopped
- 2 pcs lemons (1 sliced and juice of the other)
- 2 cloves garlic, sliced
- dash of white wine
- olive oil
- sea salt and black pepper
- parchment paper



Preparation:

Line the base of your oven tray with parchment and have the same amount to cover over, heat your oven to 200° Celsius.

Pour some olive on the base of the parchment and place the sliced fennel and onion on top, season with salt and pepper.

Lay sea bass on top of the fennel and scatter garlic, spring onion, parsley and lemon slices over the fish.

Season with salt and pepper according to taste, pour a dash of wine, lemon juice and olive oil over everything.

Close up the bags and cook for 20-30 minutes. Check the *cuisson*.

## Oven roasted fish

Serves 8

4	pcs	whole fish (seabass, cod, grouper, redfish, mackerel)
3	pcs	onion, finely chopped
8		sprigs of parsley, finely chopped
3	cloves	garlic, coarsely chopped
1	pce	red chilli pepper, finely chopped
		pinch of sweet paprika powder
3	tbs	lemon juice
4	tbs	olive oil
10	tbs	dry white wine

coarse sea salt and black pepper

Clean out the stomach cavity, remove the gills and surrounding tissue, and scale them. Leaving the head on is a personal choice. Season with salt and set aside for an hour.

Make a few carves in the thickest part of the fishes.

Put them in an oven dish and sprinkle / stuff with onion, parsley, garlic and paprika powder.

Pour some lemon juice / olive oil / white wine over the fish.

Place the fishes for about 30 minutes in a pre-heated (200 °C) oven. Drizzle with the liquids every now and then.

To vary you can add: slices of potatoe, slices of fresh fennel or cherry tomatoes and or other fresh herbs like basil, coriander, mint.

## Soufflet (soufflé) with spinach and Provolone cheese

serves 2

### Ingredients:

2	pcs	shallots, finely chopped
300	gr	wild Italian spinach, washed
25	gr	butter
25	gr	flour
2	dl	milk
100	gr	Provolone cheese, grated
1	tsp	fresh thyme leaves
2	pcs	eggs

### Preparation:

Stirfry the spinach for a few minutes. Cut the spinach and push out most of the liquids.

Grease an oventray or individual dishes like ramekins.

Separate the egg yolks and the whites. Melt the butter in a pan and mix with the flour. Add the mil bit by bit. Keep stirring till the sauce thickens.

Stirr in the grated Provolone. Remove the pan from the heat and add the egg yolks. Mix with the spinach and thyme. Season with salt and pepper.

Beat the egg whites until stiff and fold them gently into the sauce.

Fill the oventray / dishes with the mixture and bake in a preheated oven (180 ° Celsius) in about 20 minutes.

Serve immediately. As the famous Escoffier said: "kings wait for soufflés; soufflés do not wait for kings."

## **Sformato di Finocchio**

Fennelpie with Taleggio

Serves 4

Ingredients:

1	pce	fennelbulb, sliced
120	gr	Taleggio, cut into pieces nutmeg, grated
2	pcs	eggs, whites and yolks apart pepper / salt olive oil breadcrumbs vermouth

Preparation:

Heat the oil and fry the sliced fennel. Add a dash of vermouth or white wine. Cook till the liquids are evaporated.

Remove from the heat and stir in the Taleggio and the nutmeg. Add salt and pepper according to taste. Add the egg yolks.

Beat the egg whites till stiff. Fold gently into the fennel mixture.

Grease a mould with some olive oil and sprinkle with breadcrumbs. Also cover the sides.

Place the mould(s) in an oventray with some water (called "au bain Marie").

Bake for about 25 minutes at 180° Celsius.

## Torta Nera

Serves 6

Ingredients:

50	g	butter
100	g	chocolate
3	pcs	eggs
100	g	sugar
75	g	flour
½	tsp	baking powder
		salt

Preparation:

Preheat the oven to 160° C.

Grease a cake tin, butter and dust with flour or use individual silicone moulds.

Melt the butter and the chocolate in a bowl set over a pan of barely simmering water (*au bain marie*), whisking occasionally.

Beat the eggs with the sugar in another large bowl, then stir in the flour, the baking powder and a pinch of salt. Stir the egg mixture into the chocolate mixture and continue to stir for about 10 minutes.

Pour the mixture into the prepared tins or moulds and bake for 20 minutes.

Remove the tins or moulds from the oven and leave to cool, then turn out.

## Lemon ice cream

Serves 7

Ingredients:

3	pcs	lemon, juiced (+ zests of 1 lemon)
150	gr	sugar
0,5	dl	water
75	gr	ice cubes
1	pcs	green apple, peeled, cored and grated finely
2,5	dl	cold double cream

Preparation:

Place 7 glasses in the freezer.

Bring lemon juice, zests, sugar and water to the boil.

Let this syrup cook for 10 minutes on a medium heat. Remove lemon zests and add the ice cubes to cool down the syrup. Put the syrup in a bowl or oven tray with a large surface to cool down some more. Stir in the apple.

Whip the double cream in another bowl and very gently fold it into the mixture. Pour the mixture - in batches - into an ice-cream maker and freeze for about 30 minutes (store the rest of the prepared mixture in the freezer until use).

Serve the ice cream in the frozen glasses.

## Marasche

### Ingredients:

(makes about 15 pieces)

110 gr white almonds  
95 gr sugar  
1 eggwhite (=60 grams)  
drained amarene cherries on heavy sirup  
extra sliced almonds  
extra eggwhite

### Preparation:

Chop the almonds, the eggwhites and sugar in the kitchen machine. Mix well and shape little balls (walnut-size). Put a cherry into each ball. Pass the balls through the extra eggwhite and roll them through the sliced almonds. Put on a baking tray lined with baking paper. Bake in a preheated oven 160° C for 15 mins. until golden brown.

## Blind-baked Sweet Pastry Piecrust

### Ingredients:

130 g butter  
100 g sugar  
250 g flour  
1 egg  
1 tsp lemon zest

Aluminium foil  
Dried beans  
Rolling pin

### Preparation:

Mix and knead the ingredients together into a smooth dough. Then divide the dough in four portions and wrap it in clingfilm. Store the pastry in the refrigerator until it's needed.

Preheat the oven to 160° C.

Lightly flour the surface and the rolling pin. Roll out the pastry with the rolling pin into a circle a bit wider than the moulds. Line the greased pastry mould with the pastry. Cover the pastry with aluminium foil and fill it with a layer of dried beans.

Bake the pastry for about 10 minutes. Remove the foil and beans (the beans can be re-used).

Proceed with the recipe for Torta al Limone.

## Strawberry Semifreddo

Serves 4

100	gr	strawberries, leaves cut off
10	ml	white rum or eau de vie
45	gr	sugar
10	ml	water
1		egg yolk
70	ml	heavy (whipping) cream

Process the strawberries in a food processor till well puréed. Pour the berries through a coarse strainer and extract as much liquid as possible. Add the rum or eau de vie.

Bring sugar and water to the boil in a small saucepan over high heat, stirring until sugar has dissolved. Boil for 2 minutes and remove from heat. (Just a rough gauge will do, it will be lightly golden in colour.) Be careful, sugar syrup can be very hot!

Beat egg yolks on medium speed till foamy. Increase the speed to medium-high and pour in the hot sugar syrup into the egg white with the mixer running. Be careful to avoid the beaters or else the syrup will splatter out. Continue beating for approx. 10 minutes till the egg yolks are cooled to room temperature.

Beat the cream till stiff peaks form. With a whisk or a rubber spatula, fold strawberry purée into the egg yolk mixture, then fold in the whipped cream. Do not beat.

Spoon into ice cream container or into individual cups (quicker!) and spread into the corners with a rubber spatula. Freeze for at least 2 hours or overnight in case of a large container.

Let the semifreddo soften for 5 minutes before serving with additional fruits or sauce.

## Torta al Limone

### *Ingredients:*

1		blind-baked sweet pastry crust (see recipe)
4	pcs	lemons
9	pcs	eggs
350	gr	sugar
3	dl	crème fraîche



### *Preparation:*

Make *zestes* of one lemon, juice all lemons. Drain the juice.

Mix the beaten eggs with the sugar until foamy.

Stir the crème fraîche, add the lemon juice and zeste and the eggs, stir again gently.

Place this mixture in the refrigerator until use.

Fill the prepared pastry crust with the mixture.

Bake the *Torta al Limone* during one hour at 150° C.

## Tiramisù

Serves 4

Ingredients:

1 pce egg white  
1tbs sugar  
1 tsp vanilla sugar  
250 gr mascarpone  
170 ml strong coffee  
1 tbs coffee liquor  
22 pcs ladyfingers (cookies)  
2 tbs unsweetened cacao powder

Preparation:

Whisk the egg white until it is stiff. Add sugar and vanilla sugar. Mix the ingredients carefully with a spatula to become a light mass. Add the mascarpone cheese and mix it the same way until the mass has become creamy.

Take a nice dish with a brim.

Pour the coffee and the coffee cream in a bowl. Slightly dip the cookies. With the liquor absorbed, they have to remain firm and not fall apart. Lay the cookies directly in the dish to cover the bottom (sugar side up). Cover the layer of cookies with a layer of the creamy mass. Repeat this. Finish with a layer of cookies (tip, rotate the second layer of cookies for a firm result)

Place the dish in the fridge for at least 30 minutes to become rigid and fresh.

Dust the dish with cocoa powder.