

Our Just Desserts

I asked an English someone who had lived in our old town for 15 years how her Italian was.... She said, *Well, I know three words, pasta, pizza, and vino and that's all I need to know.* Hmm, not great, but it also does underline what people find excellent about Italian dining. But how about desserts? *Dolce ... amabile, delicato, garbato....*

How sweet they are, to eat at the end of your meal, replete as you may be with pasta or pizza – and copious vino. Let's see what there may be on offer, apart from the inevitable *gelato*, and give the recipe for one ... specially for gluten-free readers, including me *senz'altro....*

There is of course the wonderful *panna cotta*, cooked cream, topped in autumn days by *mirtilli* (blueberries), which have the added bonus, apart from being delicious, of being super-good for us all. They're rich in antioxidants, full of vitamins and minerals, potentially they reduce blood pressure.... What's not to like? If you really are pretty replete, you can ask for two or several spoons, and share this divine pud around.... Just a spoonful each, to round off your satisfying meal.... Then there's *crema catalana*, which although we're in Italy is one of Europe's oldest known desserts, hailing from Spain, flavoured with orange, lemon, a hint of cinnamon, and a caramelised sugar topping ... often served set alight at your table, exciting biting! It's the Spanish version of *crème brûlée* but a whole lot more, errr, flamboyant! To die for?

But if you really want to sit up in your seat, try a *Tiramisù* ... literally a pick me up ... and the gluten free version published here means we coeliacs can enjoy it too.... This version was given me by Alessandra, who transitioned to Alessandro, totally charming either way, and totally open about his/her/their transitioning state....

Tiramisù

Ingredients:

- 8 eggs, 3 used whole & the whites of the rest
- 8 spoonfuls of sugar
- 500 kg of mascarpone cheese

It'll take you 15 minutes to whip up the eggs and the sugar, then start gradually adding the mascarpone until it's at *una consistenza corposa* – i.e., a nice full-bodied texture.

Serve it on top of a *savoiaro* biscuit soaked in coffee (or you could use your liqueur of choice). The *savoiaro* are small finger-shaped biscuits made of individual sponge and now there IS a gluten free variety....

Well, I licked the platter clean! – and went back the following week for another one....

'Just desserts' originally meant something handed out as *the punishment one deserves*. It derived from the late 1200s but in 1548 Udall translated a tome of Erasmus, and the phrase slipped into the language as *taking more than one's fair share* ... oh yes, why not ... bring it on! Cheers!



Dr Judith Edwards
judith@judithedwards.co.uk
www.cansurviving.com
www.judithedwards.co.uk

<< home [Click here to read an article from last month:](#) >>

