

Creamed mascarpone *(Desserts)*



Preparation

Break the eggs and separate the whites from the yolks. Beat the egg whites until stiff. Beat the egg yolks with the sugar until the mixture is white and fluffy. Then add the mascarpone and continue whisking the mixture. Add the liqueur (optional). Gently fold in the egg whites. Serve the cream in individual bowls with a good sprinkling of cocoa powder.

Tips

This recipe is really easy, and it is easily within the capability of less experienced cooks. A little advice: it is better if served cold, so keep it in the fridge until you serve it.

Trivia

Mascarpone is technically a 'cheese', and has one of the highest levels of fat of any typical ingredient. So be careful if you are overweight. Limit your intake of cakes and other desserts containing mascarpone.

Information

Preparation 10 minutes

Serves X Serves 4 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Mascarpone 250 grams

Sugar 100 grams

Eggs 2 units

Liqueur (A tablespoon of liqueur of your choice (eg Marsala))