

## Italian "diplomatic" pudding (Desserts)



### Preparation

Roll out the puff pastry until it is fairly thin and then prick it all over with a fork. Bake it for 15 minutes at 180°C (until golden). Cut it out into squares and set aside. In the meanwhile, make the sponge cake. Divide egg yolks and white eggs. Whisk 5 yolks with 75 gr of sugar until the mixture is foamy and soft. Apart, whisk the egg whites until stiff, add 75 more gr of sugar and work again. Add the egg whites to the mixture and sift in 75 gr of flour, corn starch, a pinch of salt and vanillin. Mix gently with a wooden spoon. Bake it for 40 min at 180°C. Pour the alchermes liqueur into a bowl, and add some water. Soak your sponge cake previously cut into squares with the liqueur mixture. Then, make the Italian custard by working 6 egg yolks with 150 gr of sugar, until foamy. Pour in the milk and 50 gr of sifted flour: mix well and let simmer on a low heat for 10 minutes, mixing with a wooden spoon. Set aside to cool down. When cooled down, spread a thin layer of Italian custard on the puff pastry, then add one layer of sponge cake, one layer of cream, and one of puff pastry. Complete with a sprinkle of icing sugar.

### Tips

As far as the shape of your dessert is concerned, feel free to choose the one you like best!

### Trivia

This Italian pudding is called "diplomatic" as it was brought by a diplomat to Francesco Sforza, Duke of Milan, in 1454. Its origin is therefore Medieval.

### Information

**Preparation** 30 minutes

**Total Time** 60 minutes

**Serves X** Serves 6 persons

**Level of difficulty** Easy

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### Ingredients

**Puff pastry** (one roll of puff pastry)

**Alchermes** (some tablespoons of Alchermes liqueur)

**Icing sugar**

**Italian 00 flour** 75 grams

**Potato starch** 75 grams

**Sugar** 150 grams

**Vanillin** 1 sachet

**Salt**

**Plain flour** 50 grams

**Milk** 500 millilitres

**Egg yolks** (6 egg yolks)

**Sugar** 150 grams

**Eggs** 5 units