

Sponge and cream pudding *(Desserts)*



Preparation

Whip the cream until firm, add the icing sugar, then sieve the ricotta and mix this into the sugar and cream. Divide the mixture into two, one slightly larger than the other. Add the chopped candied fruit and the chopped chocolate to the larger half, and mix the cocoa into the smaller half. Cut the sponge cake into thin slices and soak them with mixed liqueurs diluted with a little water (use maraschino, rum, kirsch, alchermes, etc.). Line a pudding bowl with these cake slices and cover with a layer of chocolate dough. Then spread a layer of the 'white' dough mixture, press down and finish with the remaining slices of soaked sponge cake. Chill for several hours before serving.

Tips

Before lining the pudding bowl with the soaked sponge cake, line the bowl with some cling film which will help you turn the cake out. Before serving you can sprinkle with cocoa or garnish with melted chocolate and a little fresh cream.

Trivia

Legend has it that the sponge and cream pudding 'zuccotto' is the first semifreddo in gastronomic history and that it was first made in a spiked infantry helmet. 'Zucca' in Tuscan dialect means 'head'.

Information

Preparation 160 minutes

Serves X Serves 6 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Sponge cake 200 grams

Whipping cream (250g fresh cream)

Ricotta cheese 300 grams

Chocolate 80 grams (Bitter)

Candied fruit 80 grams (mixed)

Icing sugar 150 grams

Unsweetened cocoa powder 30
grams

Liqueur