



Tortoni a True Italian Dessert



Ingredients

Eggs (4 eggs separated)
Cream of tartar
Heavy cream (2 cups)
Sugar (1 1/3 cup)
Water (3/4 cup)

Almonds (1 cup-roasted and chopped)
Nutmeg (just a pinch)
Almond extract (2 tsp)
Vanilla extract (2 tsp)

How to Prepare

First, toast almonds in a high-sided pan at 350 degrees for roughly 10 minutes. Once almonds are toasting, take egg whites and put in a mixer to whip. Then, add in cream of tartar to make a meringue. Add in one teaspoon of vanilla and one teaspoon of almond extract and mix again. In a saucepan add water and sugar and stir and heat to make sugar water. Add 1 ladle of sugar water to the meringue and whip it again until smooth. In a pan, gently add the meringue and place in freezer. For the custard, add egg yolks and whip until foamy. Add one ladle of the syrup and one teaspoon of the vanilla and mix. Add custard to a glass dish and place in freezer. Remove almonds from oven and let them cool. To make whipped cream, add heavy cream, almond extract and nutmeg in the mixer and whip. Add in syrup slowly and whip it again and place in freezer. Take the almonds and in a food processor, chop them up. Then, take the meringue, whipped cream, custard and some chopped almonds and fold it together until smooth. In a cupcake tray, add in baking cups, and spoon into cups until full. Next, take chopped almonds and cover the tops. Lastly, put a cherry on top. Cover with foil and freeze for at least four hours, preferably overnight. Enjoy!

Bon Appétit!