



Raspberry Maple Mascarpone Dessert

This is a quick and easy dessert, along the same idea as Tiramisu, but without the coffee-soaked sponge. I made individual ones, but you could also use a larger bowl and make one pudding.

Serves 6

250g tub mascarpone cheese

3 eggs

1 tsp vanilla essence

60g caster sugar

360g fresh or frozen raspberries

6 tsp maple syrup

15g dark chocolate

1. Separate the eggs, whip the whites to stiff peak.
2. Beat the egg yolks, mascarpone, sugar and vanilla together.
3. Fold the egg whites into the mascarpone mixture.
4. Put a few raspberries in the bottom of 6 glasses. Drizzle over $\frac{1}{2}$ tsp maple syrup per glass.
5. Cover with a layer of mascarpone mixture, repeat another layer of raspberries, maple syrup drizzle and mascarpone mix.
6. Grate the chocolate coarsely over the top.
7. Allow to sit for about $\frac{1}{2}$ an hour for the fruit to defrost (if using) and the mascarpone to set before serving. The puddings will sit in the fridge for a couple of days.



Hints, Tips and Adaptations

Gluten free

Use a large bowl and make a bigger pudding for a crowd.

Try a fruits of the forest mix instead of raspberries.

Also works with fresh or frozen strawberries, mix with lemon rind & juice for flavour.

Add some liqueur, Cointreau, framboise, peach schnapps etc for a boozy flavour kick.