

Recipe Card

University Hospitals Birmingham Charity has teamed up with MasterChef: The Professionals champion Stu Deeley to bring you a recipe that you can make at home to celebrate the NHS' birthday!

Stu has shared his own Tirami-Stu recipe for you to try at home so that you can impress your family with a MasterChef-quality dessert. Share your creations with us on social media!



Tirami-Stu

(Serves 2–4 depending on portion size)

Ingredients

For the chocolate sponge

88g Egg yolks
192g Sugar
240g Whole egg
148g Egg whites
96g Sugar
48g Glucose
112g Plain flour
72g Cocoa powder

For the chocolate crèmeux

130g Whole milk
162g Double cream
130g Egg yolks
117g Sugar
227g 70% chocolate
52g Tia Maria
2 gelatine leaves

For the Miso and vanilla cheese mix

325g Philadelphia
50g Icing sugar
7.5g Milk
24g Double cream
15g Miso
10.5g Vanilla
2¼ Gelatine leaves



Method

For the chocolate sponge

1. Pre-heat oven to 190 degrees.
2. Beat $\frac{1}{2}$ the sugar (96g) and egg yolks together, ideally with an electric whisk, until pale
3. Add the whole eggs into the mix, one by one.
4. In a separate bowl mix together the egg whites, glucose, and remaining sugar.
Add this to the mix.
5. Sift the flour and cocoa powder. Beat $\frac{1}{2}$ of this into the mix and then fold in the remaining $\frac{1}{2}$.
6. Line a baking tray with greaseproof paper.
7. Pour mix into the baking tray and spread to a thickness of $\frac{1}{4}$ inch.
8. Put the baking tray into the oven for 7–8 minutes.
9. Check the sponge with a tip of a knife. If the knife is clean once it leaves the sponge, it is cooked.
10. Remove the sponge from the tray and place onto a cooling rack.

For the chocolate crèmeux

1. Heat milk and cream in a saucepan until slightly above a simmer.
2. Whilst waiting whisk the egg yolks and sugar.
3. Once the milk and cream is simmering add the mixture to the egg yolks.
4. Return this to the saucepan and heat, stir constantly until mixture reaches a temperature of 82°C then remove from heat.
5. Add gelatine to some cold water to soften.
6. Break chocolate into a bowl and pour in the hot mixture. Mix until smooth.
7. Mix in the gelatine, make sure it is fully incorporated.
8. Put aside, somewhere warm until assembly.

For the miso and vanilla cheese mix

1. Heat milk and cream in a saucepan until simmering.
2. Whilst waiting, soak gelatine in cold water to soften.
3. In a mixing bowl mix all the other ingredients.
4. Once milk mix is hot, add gelatine and mix so it is fully incorporated.
5. Add the milk mix to the cheese mix and whisk until smooth.
6. Put aside, somewhere warm until assembly.

Assembly

1. Using a ring mould/cake ring, cut out three disks from the chocolate sponge.
2. Soak the sponge disks in Tia Maria, until they cannot soak anymore!
3. Line a baking tray with baking parchment.
4. Place one ring mould onto the baking tray and put the first sponge disk into the bottom of the ring mould.
5. Spoon chocolate crèmeux into the mould on top of the sponge to just under half the height of the ring mould.
6. Add another chocolate sponge disk on top of the crèmeux layer.
7. Spoon a layer of vanilla and cheese mix and then top with final chocolate sponge disk.
8. Dust heavily with cocoa powder.
9. Chill in the fridge for a minimum of 2 hours.
10. When ready to eat, run a hot knife around the inside of the ring to remove Tiramisu.
11. Place onto a plate and enjoy!!