

Solo Dolci



The Italian Dessert Cookbook

ANNA BRUNI BENSON

Illustrated by Sumishta Brahm

Photographs by Sean Hise



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F I T H I A N P R E S S ◆ S A N T A B A R B A R A

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Printed in the United States of America

Published by Fithian Press
A division of Daniel and Daniel, Publishers, Inc.
Post Office Box 1525
Santa Barbara, CA 93102

Illustrations by Sumishta Brahm
Photographs by Sean Hise
Book Design by Eric Larson

LIBRARY OF CONGRESS CATALOGING-IN-PUBLICATION DATA

Solo dolci : the Italian dessert cookbook / Anna Bruni Benson.

p. cm.

Includes index.

ISBN 1-56474-185-0 (cloth : alk. paper)

1. Desserts—Italy. 2. Cookery, Italian.

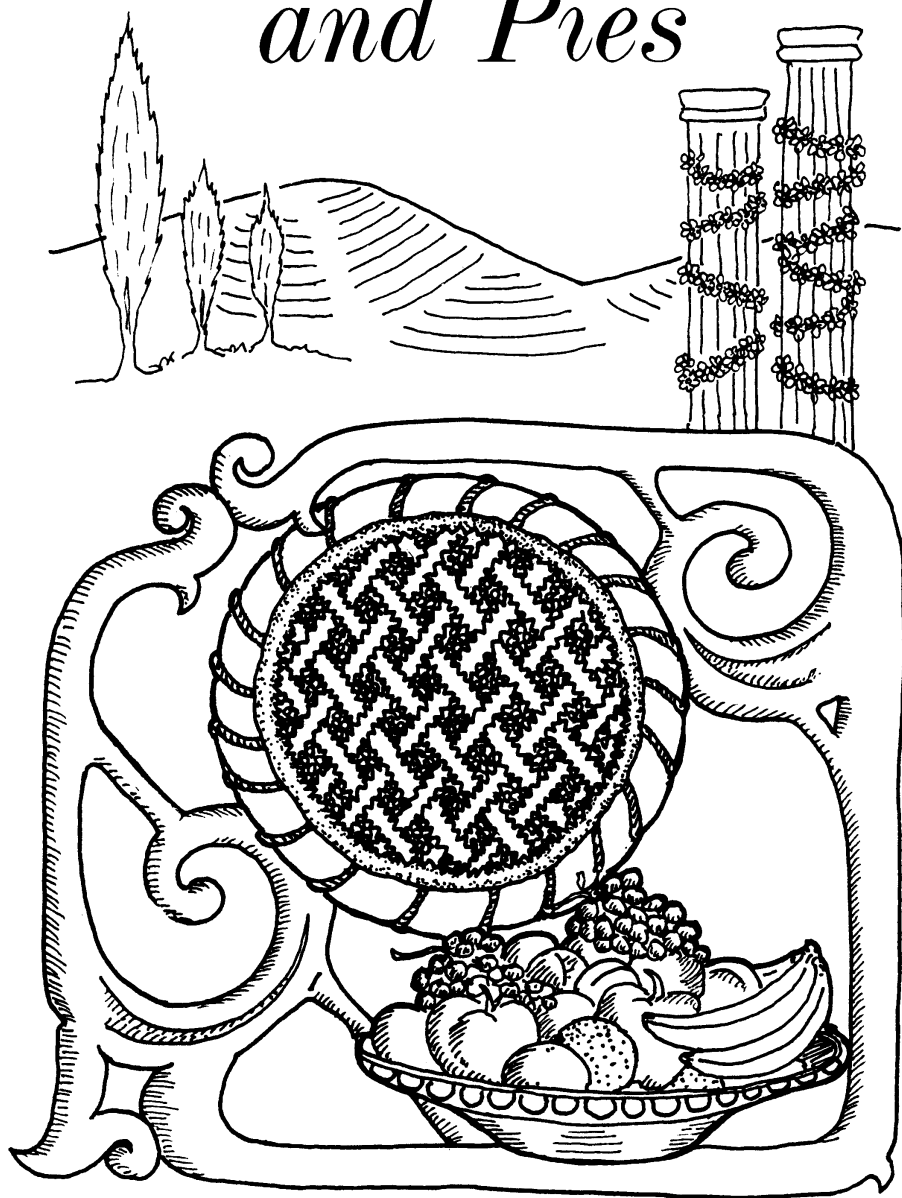
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Fruit Cakes and Pies

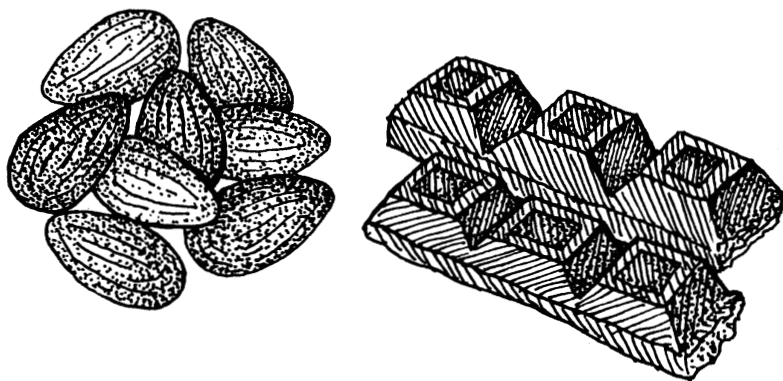


Torta di Mandorle e Cioccolata

Almond and Chocolate Tart

- 1 cup blanched almonds
- 2 tsp. potato flour
- 3 tbsp. butter
- 4 squares bittersweet baking chocolate
- 1/2 cup milk
- 5 eggs, separated
- 1 tsp. vanilla extract

Grind almonds and place in a bowl. Melt butter and chocolate in a double boiler. Add milk and potato flour and mix well. When thoroughly blended, remove from heat and add to almonds. Let cool. Add egg yolks, beaten with sugar until creamy, and vanilla. Mix. Fold in stiffly beaten egg whites. Pour into a buttered and floured 9" spring pan which is 3" deep. Bake at 350° for about 50 minutes.



Dolcetti di Mandorle

Almond Cookies

Since making pasta frolla is a somewhat laborious procedure, I always make some extra and store it in the freezer wrapped up in aluminum foil. It takes about two hours to defrost; then it is ready to use, as fresh as if you had just made it. You can use it to make these delicious cookies, which should be served the same day since they don't keep long because of the custard.

Pasta frolla, page 33
2 eggs and 2 egg yolks
6 tbsp. sugar
1 tsp. flour
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup rum
Apricot or peach preserves
1 cup blanched almonds

Make a dough following the recipe for *pasta frolla* and set aside under an inverted bowl.

Put 2 whole eggs, 2 yolks, sugar and flour in a double boiler. Beat well and add milk. Cook, always stirring, until custard is thickened. Remove from heat and add rum.

Flatten out dough $\frac{1}{4}$ " thick and line two greased and floured muffin pans.

Put $\frac{1}{2}$ tsp. jam at the bottom of each cup and fill with custard. Place almonds, cut lengthwise in four, on custard.

Bake at 325° for about 20 minutes or until golden brown.



Crostata di Fragole con Crema (page 65)



Zabaione (page 123)