

SWEET PROVIDENCE

Genoise base with Lupine

Ingredients: 6 eggs, 90 g lupine flour, 60 g 00 flour, 120 g granulated sugar, 15 g extra virgin olive oil

Procedure: Whip the eggs at room temperature together with the granulated sugar in a planetary mixer, as soon as they increase their volume by three times, add the two flours (00 and Lupine) out of the planetary mixer with the help of a spoon slowly, mixing from bottom to 'high, finally add the olive oil. Line a baking tray with parchment paper and pour the dough into it and make it about 1 cm high. Bake for 5 minutes in a preheated oven at 200 °.

Lemon Cream Base

Ingredients: 600 ml of lemon juice, 30 g of whole lemon zest, 600 ml of cream (min.30% fat), 2400 ml of whole milk, 1200 g of granulated sugar, 480 g of 00.48 g flour gelatin sheet

Procedure: Put the cream, half of the sugar (600g), the milk and the lemon zest in the saucepan and bring to a temperature of 80 °. Meanwhile, put the flour and the other half of the sugar (600g) in a bowl and add the lemon juice, mix until you get a creamy and smooth dough. In another bowl, soften the gelatine in cold water. As soon as the milk has reached temperature, remove the lemon peels and pour the mixture of flour and lemon juice into it over low heat, mix until the mixture thickens, finally add the gelatin sheets previously soaked in water and squeezed , mix everything well and let the cream cool.

Medlar jelly base

Ingredients: 12 gr Gelatin in Sheets, 500 gr Medlar Pulp fresh or in syrup in puree, 70 ml Water

Procedure: Prepare the gelatin soak the gelatin sheets in cold water for about 5 minutes. Heat the water and when it is about to boil, remove it from the heat and add the well-squeezed isinglass sheets. When the gelatine is well dissolved, add it to the medlar puree

Italian Meringue Base

Ingredients: 100 gr of egg whites temp. Environment, 200 g of granulated sugar, 30 ml of water

Procedure: Combine the sugar and water in a saucepan, stirring occasionally to make it melt. When the syrup reaches a temperature of 110 °, start whipping the egg whites in a planetary mixer or with an electric whisk. When the syrup has reached the temperature of 121 ° pour it flush on the egg whites, continuing to whip until completely cooled. You will need to get a shiny and white meringue.

The doses indicated above are made for the production of this quantity.

-4 Cakes Diameter 16 / Height 4

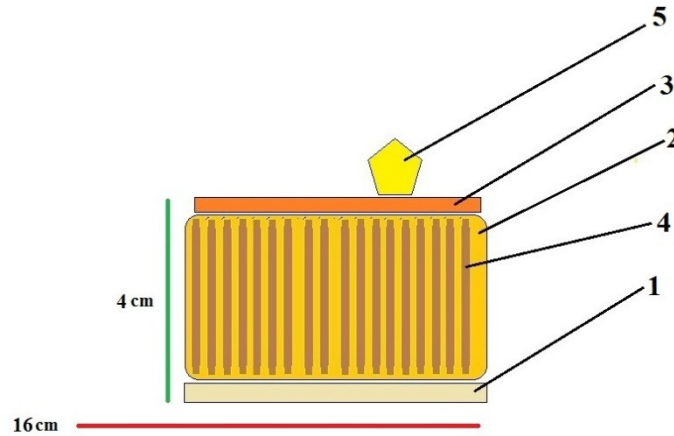
-24 Single portions per plate Diameter 7 / Height 4

-100 Mini-portions for pastry Mignon Diameter 5 / Height 3

Assembling the Cake

Using a modern cake steel disc, it must be lined internally with the PVC tape for food, place the lined disc on a 22 cm round tray, in the base put a Genoese base disc (1) of the same size as the disc, add the lemon cream (2) with a sac a poche, leveling it to perfection, just leveled add the medlar jelly (3). Let it rest in the fridge for about 1 hour.

Remove the cake by removing the disc and the PVC roll, complete the edge of the cake by adding the Italian meringue (4) and finally caramelize it with a cooking torch, complete at the top by adding a gold leaf (5)



Design. Andrea Finocchiaro

The project

The dessert proposes ingredients that recall the text. It is in fact composed of a pan Genoese made with lupine flour, a symbol of poverty but also of hope and a spirit of survival; a lemon cream, sour like certain moments in the life of the Toscano family, the protagonist of the novel, which in history suffers the loss of a son; a medlar jelly, icon of the 'Casa del Nespolo': the house, hearth and home refuge, is a very important place for the characters who first try to preserve and then, once lost, to get back that house so full of memories; a burnt Italian meringue that envelops everything and that burns like the love of parents and children, embraces and holds everything together. At the top a gold leaf, a symbol of avarice and power that contrasts with the poor base, to further emphasize the social disparity between rich and poor and the pessimistic vision of Verga for which misfortunes occur one after the other. Inside of the Toscano family to the point of sinking the fate of all the members who can do nothing but suffer them with resignation.

Lo Chef



Chef Andrea Finocchiaro
Biografia

<https://www.andreafinocchiaro.com/la-mia-storia/>