

One of the most typical desserts of Emilia Romagna, Zuppa Inglese, or trifle, is made according to different recipes and appreciated all over the world.

Ingredients

For the custard:

- 5 dl. milk
- 85 gr. sugar
- 40 gr. flour (or starch)
- 4 egg yolks
- 30 gr. bitter cocoa powder
- Zest of half lemon

To garnish:

- 130 gr. sponge cake
- Alchermes

Custard preparation: in a saucepan mix the yolks with the sugar.

Add the flour while stirring until the mixture is well blended. Pour the hot milk (in which the lemon zest must have been left to soak) a little at a time, and always stirring. Put on the stove and continue to stir; let it simmer for 3/4 minutes. Divide the cream in two containers and add the bitter cocoa powder to only one of them, mixing well so as not to form lumps. Cut the sponge cake into slices and drizzle with alchermes. Place a layer of sponge cake on the bottom of the mould, pour a layer of cream over it and then a layer of cocoa cream; continue with another layer of sponge cake, always drizzling with alchermes, and continue alternating the ingredients. Leave to cool in the fridge for at least an hour.