PEA SNAPS 'Food of lesser evil….gluten-free Tiramisu'

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November is Diabetes Awareness Month in Canada. Many diabetics use the glycemic index (GI) rating system, developed in Canada, to predict the impact that foods will have on their blood glucose and insulin levels.

We know that including BEST Whole Yellow Pea Flour in one's diet can help people with diabetes by reducing insulin resistance. We also know that BEST Whole Yellow Pea Flour, like all whole pulses, is a good source of complex carbohydrates, and therefore rates low on the glycemic index (GI).

Last month we reviewed how Marinangeli and Jones had discovered one secret to a flatter tummy. Now we can add another: choosing low GI foods offers improved long-term health by reducing the risk of heart disease and diabetes, as well as *aiding in sustainable weight loss*.

Marinangeli developed this gluten-free tiramisu recipe that substitutes the wheat flour with BEST Whole Yellow Pea Flour. Let's call it a food of lesser evil.…

Tiramisu (12 individual servings)

Lady 'figure' (in place of lady fingers or leftover sponge cake)

4 eggs
2/3 cup white sugar
1 tsp vanilla extract
1-2 tsp brandy (optional)
pinch of salt
3/4 cup BEST Whole Yellow Pea Flour
1/4 cup xanthan gum

Separate the eggs into whites and yolks.
Whisk the egg yolks with 1/2 cup sugar, vanilla extract and brandy. After 5 minutes the colour will be light.

In a different bowl beat the egg whites while adding the salt and remaining sugar until they become slightly thick and hold soft peaks.

Gently fold the egg white mixture with the egg yolk mixture.

Add the BEST Whole Yellow Pea Flour and xanthan gum into the egg mixture, and fold in.

To make the round lady figure (rather than the usual lady fingers), cut the bottom out of a plastic cup to use as a mold. This will allow you to make attractive individual servings.

Using the cup as a mould, pour the cake mixture onto parchment paper to about 1/4" thickness.

Bake at 375 F for 15-20 minutes, until firm and golden brown. (As with all BEST Whole Pea Flour baking, the secret is to cook it long enough to get that altered flavour.)

Filling

3/4 cup whipping cream
1 tablespoon plus 4 tablespoons sugar
4 egg yolks
500 g mascarpone cheese
lady figures
espresso coffee
dark hot chocolate
cocoa powder

Make espresso coffee and hot chocolate and leave aside to cool.

Beat the cream with 1 tablespoon of sugar until stiff.

Then, in a separate bowl, beat the egg yolks with the remaining sugar until creamy.

Add mascarpone slowly to the egg yolk mixture.

Slow the mixing speed and add the cream mixture. The final filling should be fairly thick

Now comes the final layering of the Tiramisu…

Pair off two little cakes together per serving.

Place the little cake that will be onto the bottom on a serving dish.

Gently spoon espresso and hot chocolate overtop. Be careful not to add too much as the little cake becomes overly soggy and will fall apart.

Spread a layer of filling on top.

Place the second little cake on top.

Spread another layer of the filling overtop.

Sprinkle cocoa over top.

Chill in the refrigerator for at least 1 hour.

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You will see below that we have a new format that allows you to forward 'Pea Snaps' to friends and colleagues. Previous issues of 'Pea Snaps' can be found at www.bestcookingpulses.com/recipes.

The next of 'Pea Snaps' will be a special Christmas issue, the first week in December. Diane, one of our readers from England, developed two gluten-free holiday recipes: Christmas Fruit Cake (nut-free optional vegan) and Almond Shortbread.

Good luck with those holiday preparations!
Margaret

(ps - Why not serve Yumpeez? - the allergen-free, healthy pea snack that's perfect for parties and gatherings...available on Amazon.)