

THE RECIPE

Ciaramicola

CULTURE

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This is an ancient cake: in the past it was given by girls of marriageable age to their lovers.

It is a festive cake (especially at Easter) typical of Perugia: the colours represent the five districts of the city and the coat of arms of Perugia. We couldn't pay a more fitting tribute to Perugino.

Ingredients for 10/12 portions

500g 00 flour
250g sugar
100g butter
100ml milk
4 egg yolks
16g baking powder
120ml Alchermes liqueur
1 lemon (grated zest)

For the meringue

100g egg whites (approx. 3 medium eggs)
100g icing sugar
100g caster sugar

For the garnish

10g coloured sprinkles

First, allow the butter to soften at room temperature for about an hour.

Beat the egg yolks with the sugar and milk, add the soft butter, the grated lemon zest and continue to mix. You can use a hand whisk, an electric mixer, or a planetary mixer. Pour in the Alchermes liqueur and continue to mix until the mixture is smooth.

Finally, add the flour and baking powder.

Mix well and pour the mixture into the buttered and floured 26cm doughnut mould, level it out and bake at 180°C, preheated static oven for about 35 minutes. Always do the toothpick test to check that the cake is cooked, so insert a toothpick into the top of the cake and if it comes out dry the cake is cooked and you can take it out of the oven, otherwise keep it in the oven for a few more minutes. Once the doughnut is out of the oven, let it cool.

In the meantime prepare the meringue: pour the egg whites at room temperature into the bowl of the planetary mixer, turn on and whisk until they become light, then add the caster sugar, whisk for a couple of minutes and add the icing sugar, turn up the speed to maximum and whisk until the icing remains attached and does not drip. It

must be very shiny and firm, consider that it takes no less than 10 minutes to whip the egg whites well.

At this point, decorate the doughnut with a generous layer of meringue, add the coloured sprinkles and put it back in the oven at 80/90°C maximum, for about 40 minutes. Remove from the oven and leave to cool.

by Liana Marabini