

THE RECIPE

Yemas de Santa Teresa

CULTURE

12_06_2021



YEMAS DE SANTA TERESA

This delicious delicacy has a rich history in Spain and is a speciality of many bakeries, particularly in the city of Ávila. It is a traditional Spanish dessert that is very rich and creamy, simple to make, but requires a little patience.

Some Spaniards like to make this cake for the feast of Saint Teresa, which is on 15

October. However, it is a great recipe to make whenever we find ourselves with leftover egg yolks.

In Spanish, 'yemas' means 'egg yolks'.

Ingredients

12 egg yolks

100ml water

200g sugar

The peel of a small lemon

Icing sugar as required

Preparation

Peel the lemon with a sharp knife, being careful not to take the white pith as it is bitter and can spoil the result.

Pour the water into a saucepan and add the sugar and lemon peel. Bring to the boil and cook over a low heat until a fairly thick syrup is obtained. Remove the saucepan from the heat before the syrup gains colour. Discard the lemon peel.

Beat the egg yolks in a deep bowl with a whisk, then pour them slowly into the syrup, while stirring. Put the saucepan back on the heat, keeping the flame at a minimum, and stir slowly and continuously for 3 to 4 minutes with a spoon, until the yolks begin to set. The mixture will begin to pull away from the sides and bottom of the pan as it cooks.

Remove from the heat and transfer the mixture onto a plate to cool. When cooled, scoop up small portions of the mixture and form into walnut-sized balls. Roll them in icing sugar, which should cover them well, then place them in the fridge until ready to serve.