

Bianco mangiare



Whole almonds (preferably peeled), 150 grams

Sugar, 150 grams

Gelatine sheets (unflavoured), 12 grams

Cream, 250 ml

Water, 250 ml

Orange blossom water, 2 tablespoons



"Today's writers, tomorrow's leaders"



Prepare the gelatine by leaving it to soak in a bowl of water.

If you don't have already peeled almonds, you can easily remove their skins by blanching them first in boiling water for 1 minute. Strain them, drain them on a cloth, and you'll find you can peel the skins come right off. When you have perfectly white almonds, place them in a food processor (a hand blender also works) with a small amount of the water until they are coarsely ground, then add the rest of the water until it becomes a thick liquid (it will look like a bit like a vanilla milkshake at this point!).

Strain and squeeze the almond mixture in a clean, dry cloth over a bowl to separate the almond milk from the almond meal. Discard the almond meal left in the cloth. Place the almond milk in a saucepan together with the cream, sugar, and orange blossom water. Drain the gelatine from the water where it has been soaking and add to the pan. Bring the mixture very carefully to the boil – and only let it simmer for a couple of minutes.

Take it off the heat and pour into ramekins. When they have cooled, put them in the fridge for four hours. To serve them, dip the ramekins into some hot water (or pass a cloth dampened in hot water around the outside) for a minute to warm the ramekin slightly from the outside, which should separate the puddings from the sides. Tip them upside down onto dishes and serve with some chopped almonds sprinkled on top (the crunchy, slight saltiness of the almonds is a great contrast) or a slice of Italian torrone or nougat.

Makes about 4 ramekin-sized puddings.