

## Sospiri

Difficulty:

Preparation time: 30 minutes

Cooking time: 1 hour

Number of servings: 10

Ingredients:

- \* 500 ml milk
- \* 100 g flour
- \* 40 g cornstarch
- \* 30 g potato flour
- \* 30 g Alchermes
- \* 5 eggs
- \* 4 egg whites
- \* Vanilla bean
- \* 400 g granulated sugar
- \* 100 g icing sugar
- \* 50 g glucose

Steps:

1. Separate the 5 eggs into yolks and whites. Beat the egg whites with 200 g of sugar and the cornstarch u
2. Preheat the oven to 170°C (340°F). Line a baking sheet with parchment paper.
3. Combine the yolk mixture with the egg white mixture.
4. Fill a pastry bag fitted with a smooth round tip (ø 12 mm) with the meringue mixture and pipe the mixture
5. Bake for 10 minutes, then reduce the temperature to 150°C (300°F) and bake for another 10 minutes.
6. Scald the milk with the vanilla bean. Beat the 4 egg whites with 100 g of sugar and the maize starch.
7. Pour the hot milk over the meringue mixture and stir to combine.
8. Bring to a boil 100 g of water with 50 g of sugar, cook for 2 minutes, then cool the syrup.
9. Combine the syrup with the Alchermes.
10. Slice the profiteroles in half horizontally, brush the insides of the puffs with the syrup, and fill them with
11. Dip the profiteroles in the syrup glaze.
12. Serve.