

OUR FAVORITE RECIPES

Babà al Rhum



Ingredients:

For the pastry:

250 g (9 oz) all purpose flour

15 g (½ oz) fresh yeast

½ cup whole milk

4 eggs

100 g (3 oz) butter

1 tablespoon sugar

Small pinch of salt

For the syrup:

600 g (20 oz) sugar

600 g (20 oz) water

½ bottle of rum

Marasca cherries

Preparation:

For the pastry: Mix yeast with lukewarm milk. Add a spoon of flour and mix well, then let the yeast rest for 20 minutes. Mix together eggs, butter, sugar and salt until smooth. Carefully, add yeast. Grease “baba cups” with butter, and pour the mixture inside. Let everything rest for 3-4 hours, covered with a cloth. Then place baba cups in a cold oven at 160°C (300°F) for 25-30 minutes. After the baking is finished, let the babas cool.

For the syrup: Mix sugar and water, and let them boil for 10 minutes to obtain a syrup. Add rum. Upon serving, soak babas in the rum syrup, position on plates and add some syrup on the top. If desired, add whipped cream and Marasca cherries.

Makes 6-8 servings

