



POLENTA E OSEI

Polenta e osei is a typical dessert from Bergamo and it originated when a local pastry maker had the idea of recreating the traditional dish, polenta e osei, a savoury dish made with ground corn (maize) with stewed birds, but this time we are doing it as a dessert.

THE INGREDIENTS

- Corn maize flour: 125 grams (0.45 ounces)
- Potato flour: 125 grams (0.45 ounces)
- Sugar: 250 grams (0.90 ounces)
- 5 eggs
- 1 lemon
- salt as needed
- liquid vanilla: 100 ml
- Maraschino: 100 ml
- apricot jam: as much as needed
- yellow and chocolate marzipan

HOW TO MAKE IT

How to prepare the polenta: mix the egg yolks with the sugar, add the sifted flours, the grated lemon skin and a pinch of salt.

Pour it all into a baking bowl that you have floured previously and put it in the oven preheated to 180°C (355°F) for 40 minutes.

In the meantime, prepare the 'osei':

Mix the two liqueurs, brush the mixture over the cake cut into layers (3 or 4) and put in a couple of spoonfuls of apricot jam.

Put it all back together, one on top of the other. Spread the marzipan over it and ease it down over the cake then cut off the edges: finally, use the chocolate based marzipan to shape little birds and place them on the cake.