

Yemas of Santa Teresa



Provincia

Ávila

Ingredients

(for 4 persons)

- 8 egg yolks.
- 200 g of sugar.
- Lemon juice.
- Zest of 1/2 lemon.

Preparation method

First is the 'cachado', separation of the white from the yolk.

Put to cook about 10 tablespoons of water, the sugar, and the lemon zest, to make syrup, over low heat and stirring continuously. Next mix and whisk the yolk with sugar as syrup then add the lemon juice and put to low heat, without letting it boil so that the yolks do not curdle. Let stand the dough for 24 hours on a cold plate. Immediately make a sort of wide laces, sprinkle with sugar, and cut into pieces to round them with the hands. Finally put those in some white paper molds; the sugar can be caramelized with an element or hot iron.

The Yemas of Avila or of Santa Teresa are round, of natural yellow orange color, as the own egg yolk. Sprinkled with glazed sugar, its interior texture is soft and delicate, melting instantly in your mouth. The exterior texture is a contrast due to the crunch of the sugar covering it. It is a sweet product slightly masked by the lemon juice in its composition.