

# 16

## Recipe number sixteen

The bonet is a typically Piedmontese dessert and comes in many versions. For our recipe it is worth being unfaithful to Tuscany: it simply tastes delicious and can be prepared well in advance.

### Bonet Piedmontese chocolate pudding

#### Ingredients for 8 – 12 people

**4 eggs** break and blend.

**100 g sugar** with  
**2 tbsp unsweetened cocoa, sifted** and  
**10 amaretti, crushed** and  
**2 tbsp rum** and  
**the zest of ½ orange** and  
**½ l milk** mix.

Preheat the oven to 180 degrees.

**2 heaped tbsp sugar** brown in a small pan.  
**A little water** add and warm it  
until the sugar has dissolved.

coat a terrine or loaf tin with the caramel,  
pour in the milk mixture and stand it in a water bath.

cook first for 30 minutes at 180 degrees, then 40 minutes at 160 degrees.

take it out of the oven and leave it to cool uncovered.

keep it covered in the fridge.

The pudding tastes even better if it has stood in the tin for about  
1 – 4 days.

To serve, turn it out, cut it into slices and garnish with orange  
segments if you like – whipped cream is very good with it too!

**Podere Riparbella**  
Agriturismo ecologico  
Agricoltura biologica  
58024 Massa Marittima, Italia  
T +39 0566 91 55 57  
[www.riparbella.com](http://www.riparbella.com)



#### WHY IS THE BONET CALLED BONET?

The first bonet story goes like this: the dolce was originally cooked – as in our picture – in a round copper mould shaped like a hat, a chef's toque. «Bonèt» means «hat» in the Piedmontese dialect. In French it is «béret», which recalls our beret.

And the second story comes from the Langhe: the bonet is served at the end of a meal, putting the hat on the meal, so to speak – just as you put your hat on last of all before leaving the house.