



EATALY

ALL ABOUT  
DOLCI

*Regional Italian Desserts and Sweet Traditions*



RIZZOLI  
NEW YORK



# TIRAMISÙ CLASSICO

## TRADITIONAL TIRAMISÙ

*Serves 10*

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The perfect balance of coffee and sweetness, tiramisù appropriately translates to “pick-me-up.” The decadent Italian dessert is traditionally made with ladyfingers dipped in espresso, layered with a rich creamy mixture, and finished with a generous sprinkling of cocoa powder. Culinary legend has it that tiramisù was invented in Treviso, a small city in the romantic region of Veneto. Today, the classic dolce is made across Italy in a variety of ways; almost everyone in Italy will tell you that their family makes the best tiramisù. (See page 146 for a few variations.) This benefits from being made in advance, so it’s a great choice when you’re feeding a crowd. Because the eggs are uncooked, seek out the freshest eggs you can find from a trusted source.

**5 large eggs**

**2 cups (480 grams)  
heavy cream**

**¼ cup plus 1 tablespoon  
(60 grams) sugar**

**2 cups (450 grams)  
mascarpone**

**1 cup (240 milliliters)  
espresso, hot (made in a  
stovetop coffee maker)**

**1 (8.8-ounce/250-gram)  
package ladyfingers or  
Novara cookies**

**¼ cup (30 grams)  
cocoa powder**

**SEPARATE** the eggs. Whip the cream to stiff peaks. In a large bowl, whisk the egg yolks with the sugar and mascarpone until pale yellow and smooth. Whip the egg whites to stiff peaks. Using a wooden spoon, gently fold the egg whites into the mascarpone mixture, and then gently fold in the whipped cream.

**POUR** the coffee into a wide bowl and quickly dunk each cookie into it. Arrange about half of the cookies so that they completely cover the base of a shallow (about 1½ inches/4 centimeters deep) 11 × 7-inch (28 × 18-centimeter) dish. With a spatula, spread about half of the mascarpone mixture over the cookies.

**ARRANGE** another layer of soaked cookies on top of the mascarpone mixture, then top with the remaining mascarpone mixture. Sift the cocoa powder all over the top.

**COVER** the dish with plastic wrap and refrigerate for at least 4 hours before serving.