



## NICHOLAS RIZZO'S TIRAMISU

Tiramisu is an Italian dessert traditionally made of ladyfingers (savoiardi) dipped in coffee, layered with a whipped mixture of egg yolks and mascarpone cheese, and flavored with Marsala wine and cocoa. The translation of the Italian name tiramisu means "pick-me-up" (metaphorically, "make me happy"). As with many popular recipes, many different versions exist.



There is some debate regarding the origin of Tiramisu. It may have originated as a variation of another layered dessert, Zuppa Inglese. It is mentioned in Giovanni Capnist's 1983 cookbook *I Dolci Del Veneto*, while Merriam-Webster's Online Dictionary gives 1982 as the first mention of the dessert. Other sources report its creation to have originated in the city of Siena. Some confectioners were said to have created it in honor of Cosimo III on the occasion of his visit to the country. Other accounts establish the creation in 1969 in Via Sottotreviso near Venice. Wherever it originated, it's wonderful.

This particular recipe is a bit more work than others, but it's worth it. Subtleties in this recipe tie the different parts together and result in a nicely finished product.

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### **Ingredients**

#### Whipped cream

2 cups heavy whipping cream

4 tablespoons sugar

#### Espresso mixture

1 cup espresso, cooled (using instant espresso granules to make 8 ounces of espresso according to package directions)

2 tablespoons brandy

2 teaspoons chocolate syrup

½ teaspoon vanilla extract

#### Zabaglione

4 large egg yolks

¼ cup sugar

2 tablespoons Marsala

Pinch kosher salt

### Additional ingredients

8 ounces mascarpone

18 packaged ladyfingers

½ cup semisweet chocolate shavings (Buy the finest chocolate available -- Ghirardelli® Semi-sweet or Dove® chocolate is recommended. Create the shavings by using a vegetable peeler, a grater, or a hand-cranked cheese grater. Mix in a pinch or two of cocoa powder with the shavings to keep them from sticking together and make them easier to use later.)



Dutch processed cocoa powder

### **Directions**

1. Make the whipped cream. Combine the 4 tablespoons of sugar and the heavy whipping cream in a cold bowl and whip just until the cream reaches stiff peaks. Place in refrigerator.
2. Make the espresso mixture. In a shallow dish mix together the espresso, brandy, chocolate syrup and vanilla. Set aside.
3. Make the zabaglione. Whisk together the egg yolks, sugar and Marsala in a heatproof metal bowl set over a pot of simmering water. Continue to whisk until mixture has thickened and doubled in volume. Mix in the pinch of salt. Remove from heat and let cool – about 15 minutes.
4. Mix 1 tablespoon of the espresso mixture with the mascarpone to make it easier to work with in the following steps.



Note: Do not let the mascarpone sit out and come to room temperature, as it will be more likely to break when mixing.

5. Combine the zabaglione mixture with the mascarpone and gently fold together with a whisk – preferably until soft peaks form almost like whipped cream. (An electric mixer may also be used in this step.)

Note: for a creamier flavor with a slightly thinner texture, add ¼ cup whipped cream to the mixture at this point. For a more custard-like flavor and thicker consistency, keep the recipe as is.

6. Assemble the tiramisu. One by one, quickly roll each ladyfinger in the espresso mixture for only a second or two. (Letting the ladyfingers soak too long will cause them to fall

apart.) Place each soaked ladyfinger on the bottom of a 9 by 9 inch or similarly sized baking dish, breaking them in half if necessary in order to fit the bottom. Using a large spoon sprinkle half of the chocolate shavings in a layer over the ladyfingers. Spread half of the mascarpone mixture evenly on top of the chocolate shavings. (A good way to do this is to drop the mixture in dollops in different areas of the dish, and then spread them into each other with a spatula.) Arrange another layer of soaked ladyfingers, chocolate shavings and the remaining mascarpone mixture.

7. Spread the remaining whipped cream in a thin layer on top of the tiramisu (or decorate the top with a star tip and pastry bag). There may be left over whipped cream depending on the amount of surface area in the dish you are using – that’s okay because only a thin layer here is needed. You want the whipped cream to act as an accent here, not dominate the dessert.
8. Sprinkle with a light dusting of cocoa powder using a strainer or sifter. (Alternatively, top with any leftover chocolate shavings.)
9. Cover the tiramisu with plastic wrap and refrigerate for at least 2 hours, preferably 6 hours, and up to overnight to let the flavors meld and allow it to set.

## **Serving**

There are several classic ways to serve this dessert. One is to take a large spoon and scoop out two nicely shaped ovals onto the plate. A second way is to assemble single servings in decorative glassware such as champagne goblets. A third way is to line a loaf pan with parchment, assemble the tiramisu in the lined loaf pan, chill thoroughly, remove it from the pan by lifting out the parchment liner and serving nicely cut slices. With any of the above ways garnish with your choice of additional shaved chocolate, raspberries, mint leaves, coffee beans, or even chocolate covered coffee beans.