

Tiramisú Classico (Traditional Tiramisú)

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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 decadent creamy mixture, and finished with a generous sprinkling of cocoa powder.

COURSE: Dolce

DIFFICULTY: Medium

PREPARATION TIME: 30 minutes, plus 4 hours of rest

Culinary legend has it that tiramisù was invented in Treviso, a small city in the romantic region



of Veneto (supposedly to caffeinate the Venetian lovers). Today, the classic dolce is made across Italy in a variety of ways; many of our colleagues claim that their family's is the best recipe. However, at Eataly, we know that at least one probably is right! Eataly USA Head Pastry Chef Katia Delogu created this classic recipe, which is simple to make and hard to beat.

Yield: 10 servings

2 cups mascarpone cheese
6 fresh whole eggs
1 cup sugar
2 cups heavy cream, whipped into stiff peaks
1 cup espresso (learn how to brew here!)
1 (about 8 ounces) package ladyfingers or Novara cookies
A sprinkling of cocoa powder

Separate the egg yolks from the whites into two different bowls. Whip the yolks with 1½ cups of the sugar until the mixture is pale and sugar dissolved. Whip the egg whites with the remaining sugar until stiff peaks form. Using a wooden spoon, gently fold the egg whites, mascarpone, and whipped cream into the yolk mixture.

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 (1½-inch deep) rectangular (11-by 7-inch) dish. Cover the cookies with half of the mascarpone mixture. Arrange another layer of soaked ladyfingers and top with remaining mascarpone mixture.

Sprinkle with cocoa powder on top. Cover the dish with plastic wrap, and refrigerate for 4 hours before serving the sweet Italian pick-me-up.

Buon appetito!

This recipe was first published courtesy of [Eataly Magazine](#) [2].

Find the original recipe [here](#) [3].

After perfecting your own, taste Chef Katia's housemade tiramisù and array of other Italian desserts at our pastry counters in New York and Chicago!



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