



TIRAMISÙ

Tiramisù is Italian for “pick-me-up,” and that’s just what this coffee-tinged no-bake treat does at the end of the meal or as a mid-afternoon snack. There is some dispute about where tiramisu originated (both the Veneto and Friuli-Venezia Giulia regions lay claim to it), but it is a recent addition to the Italian dessert repertoire that has experienced an explosion of popularity around the world. Ladyfingers, *savoardi* in Italian, were invented in the kitchens of the Duchy of Savoy in the fifteenth century. The espresso for this homey dessert should be made in the type of Italian stovetop coffeemaker known as a moka.

SERVES 4

2 large eggs, separated

½ cup sugar

2 cups (8 ounces) mascarpone

About 1½ cups espresso, cooled to room temperature

5 ounces ladyfingers

Unsweetened natural cocoa powder for garnish

Sliced strawberries for garnish

4 raspberries for garnish

Mint leaves for garnish

Sliced strawberries

Combine the egg yolks and sugar in a large bowl and whip with an electric mixer until light in color and foamy. Add the mascarpone 1 tablespoon at a time, beating to combine between additions. Set aside.

Thoroughly clean the mixer attachments and beat the egg whites with the mixer until very stiff, about 4 minutes. When you turn the bowl upside down, the whipped egg whites should not fall out. Add 1 tablespoon of beaten egg whites to the mascarpone mixture and gently fold it in with a spatula, working from the bottom to the top. Continue folding in 1 tablespoon at a time until all the egg whites have been incorporated.

Divide this mixture into 3 equal portions. Spread one portion on the bottom of a 6 x 4-inch baking pan.

Place the espresso in a shallow bowl. Quickly dip both sides of a ladyfinger into the coffee, then place it in the baking pan on top of the layer of cream. Repeat with enough ladyfingers to cover the surface, breaking some of the ladyfingers to fill gaps if necessary. [If you run low on espresso, brew a little more.] Gently spread about half of the remaining mascarpone mixture evenly on top of the ladyfingers. Add another layer of coffee-dipped ladyfingers and finally the last portion of the mascarpone mixture.

Refrigerate for at least 2 hours before serving. To serve, cut into four equal portions and transfer to individual serving plates. Sprinkle each serving with a little of the cocoa powder through a sieve. Garnish with the berries and mint leaves.

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