

# *Italian Recipes -*

## *Tiramisù* *(Pick me up!)*

This famous Italian layered dessert was said to have originated when Italian ladies (some say of ill-repute) wanted a snack to get them through a night of entertaining. Try our version, and we think you will agree that a piece of this dessert will add sparkle to any get-together or special celebration, whether for lunch, dinner, or in the wee hours of the evening... Just follow our step-by-step instructions on how to make each component of the dessert, and assemble it all into the delicious layers that will form a kind of cake when refrigerated overnight.

### **I. Make the zabaglione\* custard:**

6 egg yolks

¼ cup sugar

¼ cup Marsala wine

**\*Italian custard made with Marsala wine**

Off heat, beat the egg yolks and sugar on the top pot of a double boiler with a whisk until combined and the yolks become pale yellow.

Fill the bottom pot ⅓ of the way up with water and heat to a simmer on the stove.

Place the pot with the egg yolk mixture over the pot with the simmering water.

Stir the beaten egg yolks constantly with a whisk while slowly pouring in the Marsala wine.

Continue to stir, scraping the bottom of the pot often, for about 5 to 6 minutes.

When the mixture has thickened, transfer to a bowl and chill for 30 minutes.

### **II. Make the cream filling:**

1 cup whipping cream (cold)

4 Tbsp. sugar

1 lb. Marscapone cheese

chilled zabaglione custard

Beat the whipping cream and sugar together in a large bowl with an electric mixer until soft peaks form.

Fold in the Marscapone cheese, and then the chilled zabaglione custard, into the whipped cream until well blended.

### III. Make the coffee syrup mixture:

- 2 cups espresso coffee (cooled)
- ¼ cup Marsala wine
- 1 tsp. vanilla

Combine the espresso coffee, Marsala wine, and vanilla in a measuring cup.

### IV. Assemble the tiramisu (have the following ready):

1. Cream filling
2. Coffee syrup
3. Lady Fingers - 2 (7 oz.) packages lady finger cookies
4. 3 Tbsp. cocoa powder for dusting

Arrange 16 lady finger cookies in a 9" X 13" baking pan.

Pour 1 tsp. of the coffee syrup on each cookie.

Spread ⅓ of the cream filling mixture over the cookies.

Dust with 1 Tbsp. of the cocoa powder.

Repeat cookie layer, coffee syrup, cream filling mixture, and cocoa powder two more times, finishing with a layer of cream and a dusting of the cocoa powder on top.

Cover and refrigerate at least 5 hours or overnight to allow the cookies to absorb moisture and flavor.

Cut into squares to serve and enjoy with a cup of espresso coffee!

-Adapted from [Antipasti, Pane, e Dolce](#), 2<sup>nd</sup> edition, 2010, courtesy of the Italian American Society of Peoria.

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Until then, *buon appetito!* From the staff at Stella Lucente.

