

## ***Il Tiramisù/Tiramisu***

*Tiramisù* means *pick me up* (*tira* = 2nd person singular of the verb *tirare*, to pull or to throw — *mi* = me — *su*, without accent = up). It is such a popular dessert that it needs no introduction =)

The opposite of *su* is *giù*.

### **Ingredienti**

- Six *uova*/eggs *a temperatura ambiente* (Literally "at environment temperature", at room temperature)
- 750 g *mascarpone* (about 26.5 ounces, at Shaw's you can find the brand Belgioioso)
- 8–10 *cucchiaini di zucchero*/spoonfuls of sugar
- A drop of marsala or rum or another liquor (if you are 21 or over)
- 2–3 packages of ladyfingers (*savoardi*, you can find them in the Italian sector at any grocery store)
- A tablet of dark chocolate (*cioccolato fondente*, although *fondente* does not mean dark, but melting) or cocoa powder/*cacao in polvere*
- *caffè* (coffee) as much as needed (1 or 2 cups are usually sufficient)

### **Procedimento**

1. In a *ciotola*/bowl, *mescola*/mix the egg yolks (*i tuorli* or *rossi d'uovo* = literally "the reds of the egg") with the *mascarpone* [and the marsala].
2. In another *ciotola*, whisk the whites/*monta gli albumi* or *i bianchi* with the sugar (you can whisk by hand with a fork or a hand whisk, or by using an electric beater). Then mix the two creams gently: you want to avoid the egg whites foam to collapse.
3. In the meantime, prepare your favorite coffee (I use espresso, I will write more about *caffè* in the next days), let it cool down and put it in a shallow dish.
4. Dip the ladyfingers in the coffee and make a layer on a rectangular pyrex/ceramic pan. Then add a layer of cream, then another layer of soaked ladyfingers.
5. Make in total 2-3 layers of ladyfingers, end with a thin layer of cream and sprinkle with shaved dark chocolate (you can shave the chocolate with a cheese grater) or cocoa powder.
6. Put in the fridge, if you have enough patience wait (*aspetta*, from *aspettare*) a few hours and enjoy. If you wait one day it tastes even better. Serve chilled!

Variations: if you prepare tiramisù for kids, you can substitute the *caffè* with a mix of milk and decaf.

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ES.S41 Speak Italian With Your Mouth Full  
Spring 2012

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