



How to make Tirimisu

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Prep time:

Approximately 30 minutes (with cooling 8 - 24 hrs)

Tiramisu is a classic Italian dessert with a rich history. Tiramisu's literal meaning is "pick me up" and after being created in the 1960s became one of Italy's most iconic dishes shared worldwide. The dessert consists of freshly made espresso used to dip the ladyfinger cookies in and then layered with a mascarpone cheese filling. After layering of the ladyfingers, a generous amount of cocoa powder and espresso extract tops off the dessert. Tiramisu is a dessert that requires no baking and usually sits in a refrigerator for 8 - 24 hours before it is ready to be served.

Materials:

Heat Safe Medium Size Bowl	Electric Hand Mixer	Tablespoons/Teaspoons
Large Mixing Bowl	Whisk	Measuring Cups
Tiramisu Dish	Flour Sifter	Medium/Small Saucepan
Rubber spatula	Saran Wrap	

Ingredients:

- 4 egg yolks
- ½ cup granulated sugar
- 1 cup mascarpone cheese
- 1 cup heavy whipping cream
- 2 teaspoons vanilla extract
- 2 tablespoons Kahlua coffee rum
- 4 shots of espresso (already brewed)
- Case of ladyfinger cookies
- Cocoa Powder

Prepare egg mixture:

1. Set up a double boiler (A bowl over a pot of water) by filling the sauce pan with 1-2 inches of hot water bringing it to a gentle simmer.
2. Place a heat safe bowl on top of the saucepan, making sure the bottom of the bowl remains above the water not touching it.
3. Add all 4 egg yolks with $\frac{1}{2}$ cup granulated sugar to the bowl.
4. Whisk constantly over low heat, typically taking 2 minutes. It should become pale, thick, creamy, and form a “ribbon” when lifted with the whisk.
Tip: Avoid over heating the mixture to prevent curling.
5. Immediately remove the bowl from the heat
6. Continue whisking for a few minutes to help it cool and prevent further cooking.
7. Allow it to cool until it's at room temperature.
8. Add 1 cup mascarpone cheese into the cooled mixture.
9. Whisk gently by hand until the mascarpone is fully incorporated and the mixture appears smooth, similar to **Figure 1**.
Tip: Do not overmix, as the cheese can separate from the mixture

10. Set the bowl aside while you begin preparing the cream mixture.

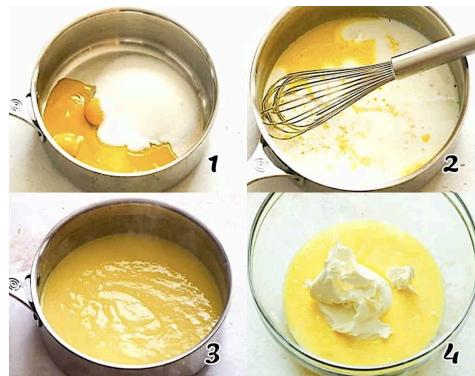


Figure 1: Progression of the egg mixture as it thickens, cools, and combines with mascarpone

Prepare cream mixture:

1. Measure 1 cup of heavy whipping cream and pour it into a large mixing bowl.
2. Add 2 teaspoons of vanilla extract to the same bowl.
3. Add 2 tablespoons of Kahlua (coffee rum) to the bowl.

4. Use an electric hand mixer to whip the mixture on medium speed until it thickens or reaches soft peaks.
5. Stop mixing once the cream holds its shape but is still smooth and spreadable.

Combine cream and egg mixture:

1. Pour the cooled egg mixture into the bowl containing the whipped cream mixture.
 2. Gently fold the two mixtures together using a rubber spatula or hand whisk until the mixtures fully combine.
 3. Continue folding until the mixture is smooth, thick, and able to hold its shape when lifted.
- Tip: Avoid over mixing, as this can deflate the cream and make the tiramisu runny.*

Setting up and Layering the Tiramisu: (Two layers)

Before you begin, gather the tiramisu dish, the ladyfingers, the prepared espresso shots, and the combined cream mixture.

1. Dip each lady finger into the espresso for a few seconds per side.
Tip: The cookie should be moist but not fully saturated or falling apart.
2. Arrange the dipped cookie in a single tight layer on the bottom of the tiramisu dish.
3. Spread half of the cream mixture evenly over the top of the bottom layer of ladyfingers, smoothing the surface with a rubber spatula as seen in **Figure 2**.
4. Repeat steps 2-4 to create the second layer of ladyfingers and cream.



Figure 2: Layering the lady fingers in the tiramisu dish and spreading the combined cream mixture

5. Using a flour sifter, gently dust the top with an even layer of unsweetened cocoa powder.
6. Cover the dish with saran wrap and refrigerate for 8-24 hours.
Recommendation: Chill overnight for best texture and flavor.
7. Once chilled, remove the tiramisu from the refrigerator, slice, and serve.

The final product should look similar to the Tiramisu in **Figure 3**.

Troubleshooting

- The mixture is too runny: The cream may have been overmixed or the mascarpone may have separated.
- Lady fingers are falling apart: They were dipped in espresso too long.
- Layers are sliding: The tiramisu may not have chilled long enough.
- Storage: Tiramisu can be stored in a refrigerator for 2-4 days before it shows signs of spoiling!

Congratulations, you just made Tirimisu!



Figure 3: Finished product of Tirimisu