

The World's First Ever "Tiramisù Day"!

Alex Catti (March 16, 2017)



Almost everyone has a favorite Italian dessert. For many people, the traditional dessert of choice is tiramisù. What better excuse to have a bite of this delicious Italian "dolce" than a day dedicated to it? Thanks to Clara and Gigi Padovani, authors of the book "Tiramisù," March 21st will be the first ever "Tiramisù Day."

Tiramisù is perhaps the most famous Italian dessert; however, it has a story that not many people are familiar with. Nowadays, there are all kinds of holidays commemorating anything from food, like World Nutella Day on February 5th, to animals, like National Black Cat Day on November 17th. So why not set aside a day to appreciate this fine Italian dessert? Authors [Clara and Gigi Padovani](#) [2] hope to garner appreciation for this classic dolce with both their book entitled [Tiramisù](#) [3] and the first ever Tiramisù Day.

The Story Behind Tiramisù



Although there are many recipes, tiramisù is generally a mixture of espresso, creamy mascarpone, and ladyfingers all topped with cocoa powder. The Italian name tiramisù translates to “pick-me-up” in English. The dessert may be universally loved by all, but it does stir up a bit of controversy regarding its history.

Despite the dissent regarding the origins of the recipe, the Padovanis have done their research, discovered the truth, and recorded it in their book *Tiramisù*. The recipe was originally created between 1940 and 1950 in Italy’s region of Friuli-Venezia Giulia. Chef Mario Cosolo invented the recipe at his restaurant Al Vetturino di Pieris and originally named it tirimesù. Although the recipe was born in the region of [Friuli-Venezia Giulia](#) [4], the region of [Veneto](#) [5] is largely responsible for popularizing the dessert across the world. If your mouth wasn’t already watering reading about the history of tiramisù, in the second half of their book, the Padovanis include a multitude of recipes to satisfy any craving.

Tiramisù Day

On January 30th at [Eataly Trieste](#) [6], the Padovanis launched their proposal for Tiramisù Day. They chose March 21st because, as they put it, “There’s nothing better than tiramisù to celebrate the arrival of spring and to leave the grayness of winter behind.” The Padovanis were joined by Flavia Cosolo, daughter of Mario Cosolo, as she prepared the original tiramisù recipe that her father created.

This year, March 21st will be the first ever #TiramisuDay in all 33 Eataly stores worldwide. If you’re near Trieste that day, be sure to stop Eataly for the celebrations. Original Friulian recipes will be shared, and you’ll have the chance to learn a bit more about the history of the delectable dessert from the Padovanis. If you’re in the United States, be sure to stop by your local Eataly location before March 19th in order to enjoy the tiramisù festival. And don’t forget to hashtag “TiramisuDay” on March 21st!

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[3] <http://www.claragigipadovani.com/index.php/rst/libro-dettaaglio/tiramisu/>

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