

SABAYON / ZABAGLIONE

Sabayon is what it is called in French. Zabaglione is what it is in Italian. Same thing.

INGREDIENTS

3 egg yolks

3 ounces sugar

1 1/2 ounces sweet marsala wine

3 ounces very cold heavy cream

1/4 teaspoon gelatin (bloomed in very little water) (optional; see note)

DIRECTIONS

In a medium bowl, whip cream to stiff peaks and set aside in the refrigerator.

In metal bowl over a pot of simmering water (or a double boiler) combining yolks, wine, gelatin and sugar. Whisk over low heat until thick. Be very careful not to have the heat too high, otherwise you will have scrambled eggs. If you are using the gelatin, add it into this mixture before whisking.

Place metal bowl with the mixture in ice bath and cool down quickly (it will thicken some more). When cool, gently fold in the whipped cream.

Serve immediately with berries or other fruit.

Note: Gelatin is optional. Definitely don't use more than quarter of a teaspoon. Traditionally Sabayon/Zabaglione is served over berries as a sauce in a wine glass... don't use Gelatin is you want it saucy. If you're using it as a dip then gelatin holds it together better. It also keeps the sauce from breaking.