

Zabaglione

Ingredients

Egg yolks 9

Sugar 2 tblsp (25 g)

Vin santo wine $\frac{1}{3}$ cup (75 g), or any dry white wine

Ice, to fill a largish bowl

Method

Pour the ice in a large bowl and put it in the freezer for later. Heat the wine and half the sugar in a saucepan over a low heat, until sugar dissolves. Do not overheat as the alcohol will evaporate.

Whisk the egg yolks in a bowl with the remaining sugar, until you get a homogeneous mixture, then add a ladle of warm liqueur to dilute the mixture. Keep whisking and add the remaining wine. Cook everything in a bain-marie, while continuing to whisk.

Beat continuously until cream thickens, the foam disappears, and the volume increases. It is ready when the custard does no drip from the whisk

Take the ice bowl and place a smaller one on top, pour the cream into the small bowl and stir with a spatula gently for a couple of minutes; it will cool quickly, the air will remain inside but a skin will not form. The egg cream is ready to be served. Use it wisely.

Legend has it that Zabaglione was invented in medieval Turin, by a monk, Pasquale Baylón, to help the ladies of Turin with their husbands' performance in the bedroom. The cream was so successful that those ladies handed down the recipe from mother to daughter.

He was later canonized, and is the patron saint of cooks and pastry chefs. I don't know if the ladies of Turin had anything to do with that.

