



INGREDIENTS

- 2 egg yolks
- 2 tablespoons castor sugar
- 2 tablespoons dessert wine
- Crisp biscuits, for serving

Zabaglione

Zabaglione is a deliciously frothy combination of egg, sugar and wine that's best eaten as soon as it's made. It originated in Italy hundreds of years ago and migrated to France where it became known as sabayon. Sicily's famous fortified wine, Marsala, is often used to make zabaglione, though any dessert wine works well including Piedmont's sparkling Asti spumante or Moscato d'Asti. The classic ratios are equal quantities of egg yolk, sugar and wine, with a half eggshell traditionally used to measure out the sugar and wine. In Milan they make a red wine version called rumada, you can find a recipe for it in *A Lombardian Cookbook*.

Serves 2

METHOD

1. Using a heatproof bowl (ideally copper), whisk egg yolks and sugar together until pale.
2. Add wine and whisk until frothy.
3. Place bowl over a saucepan of simmering water, ensuring that the base of the bowl doesn't touch the water, and whisk for 5-6 minutes until thick, pale and at least doubled in volume.
4. Pour into glasses and serve with a crisp biscuit on the side.