

Chilled Sabayon

This one comes from Martha, too—July 02 MSLiving

- 5 large egg yolks
- 1/3 c. plus 1 T. sugar
- 1/3 c. champagne or sparkling wine
- ¾ c. heavy cream, chilled

Prepare an ice bath; set aside. (To do this, find a bowl that is slightly smaller than the bowl you'll use to make the sabayon in. Fill it about half-full of ice and add water just to cover the ice. When you put the bowl with the Sabayon in it, the water will rise up around the bowl to chill it.)

Make the sabayon by combining the egg yolks, sugar, and champagne in a large bowl set over a large pan of simmering water. Whisk constantly until mixture is very thick and has expanded in volume, about 7 minutes. Place the bowl in the ice bath; let cool completely, whisking gently occasionally.

Place the chilled cream in a large chilled bowl and beat until stiff peaks form. Fold whipped cream into egg-yolk mixture. Cover with plastic wrap, and place in refrigerator at least 20 minutes. I like to ladle the Sabayon into stemmed glasses and refrigerate it like that, then top it with berries before serving.