

Dessert

Chilled Zabaglione with Raspberries and Amaretti

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Palm Beach Post

Servings: 8

8 large egg yolks, at room temperature
2/3 cup sugar
1/4 cup dry Marsala or sherry
1 1/2 cups heavy cream, chilled
2 pints fresh raspberries
8 to 10 amaretti cookies

Put a mixing bowl in the fridge to chill it.

Fit a heatproof bowl over a saucepan of barely simmering water, making sure the bottom of the bowl does not touch the water. (Or use a double boiler.)

Place the egg yolks, sugar and Marsala into the heatproof bowl. Whisk together well. Using an electric mixer, beat the mixture until it is pale and thick, about tripled in volume and happily frothy. (This can take up to 10 minutes. Be careful not to let the water boil beneath the bowl; it should stay at a high simmer.)

Remove the bowl from its pan of simmering water and place it on a cold surface or stand it in a pan of cold water. Whisk constantly until the mixture is cool. Set aside.

In the chilled mixing bowl, whip the cream until it reaches firm peaks. Fold about one third of the whipped cream into the egg mixture to lighten it. Gently fold in the rest of the whipped cream. (The zabaglione can be made up to four hours in advance of serving and refrigerated. Remove it from the refrigerator 20 minutes before serving to allow it to soften and come to a cool room temperature, around 50 degrees.)

Divide the raspberries among eight to ten old-style champagne coupes or large wine glasses.

Spoon the zabaglione over the raspberries and crumble the amaretti cookie over each serving.

Serve immediately.

Per Serving (excluding unknown items): 308 Calories; 22g Fat (62.6% calories from fat); 4g Protein; 25g Carbohydrate; 4g Dietary Fiber; 274mg Cholesterol; 24mg Sodium. Exchanges: 1/2 Lean Meat; 1/2 Fruit; 0 Non-Fat Milk; 4 Fat; 1 Other Carbohydrates.