
Frozen Zabaglione

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

Servings: 8

8 egg yolks

2/3 cup sugar

1 tablespoon grated lemon rind

1 cup Marsala wine

1/2 envelope gelatin (dissolved in two tablespoons of water)

3 tablespoons Grand Marnier, Cointreau or Triple Sec

2 cups 35% cream, whipped

In a bowl, beat the egg yolks very well. Add in the sugar, lemon rind and Marsala. Continue beating over simmering water until thick.

Transfer the contents of the pan to a bowl of ice. Add the dissolved gelatin and Grand Marinier. Beat until cold. Fold in the whipped cream and spoon into individual dishes or a mold.

Freeze for several hours before serving.

Dessert

Per Serving (excluding unknown items): 144 Calories; 5g Fat (36.6% calories from fat); 3g Protein; 17g Carbohydrate; trace Dietary Fiber; 213mg Cholesterol; 9mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fruit; 1/2 Fat; 1 Other Carbohydrates.