



NICHOLAS RIZZO'S ZABAIONE WITH BERRIES AND AMARETTO SAUCE

Zabaione (written also sabayon, or zabajone, zabaglione) is an Italian dessert, or sometimes a beverage, made with egg yolks, sugar, a sweet wine (usually Marsala wine, but in the original formula Moscato d'Asti), and sometimes whole eggs. The dessert version is a light custard, whipped to incorporate a large amount of air. Since the 1960s, in restaurants in US areas with large Italian populations, zabaglione is usually served with strawberries, blueberries, peaches, etc. in a champagne glass.



Classical zabaione uses raw egg yolks, but today many may prefer to cook the custard in a bain-marie. Beaten egg white is sometimes replaced by whipped cream. Occasionally, the wine is omitted when the dish is served to children or those who abstain from alcohol. It is then in effect a very different dessert. It may then be sometimes flavored with a small amount of espresso.

The amaretto sauce is from Giada DeLaurentis' panettone bread pudding recipe. The zabaglione recipe is adapted from Alton Brown's, and is similar to the one in the tiramisu recipe. While a zabaglione is a wonderful dessert by itself this combination and presentation make this special.

Serves 4 to 5

Amaretto Sauce

Ingredients

½ cup whipping cream
½ cup whole milk
3 tablespoons sugar
¼ cup amaretto liqueur
2 teaspoons cornstarch

Directions

1. Bring the cream, milk, and sugar to a boil in a heavy small saucepan over medium heat, stirring frequently.
2. In a small bowl, mix the amaretto and cornstarch to blend and then whisk into the cream mixture.

3. Simmer over medium-low heat until the sauce thickens, stirring constantly, about 2 minutes. Set aside and keep warm. (The amaretto sauce can be made 3 days ahead. Cover and refrigerate. Rewarm before serving.)

Zabaglione

Ingredients

3 large egg yolks

¼ cup sugar

¼ cup Marsala

Pinch kosher salt

Fresh berries (blueberries, raspberries, blackberries, strawberries cut into quarters)

Directions

1. Bring 1-inch of water to a boil in a 4-quart saucepan set over high heat. Decrease the heat to maintain a simmer.
2. Add the egg yolks and sugar to a large glass bowl. Using an electric hand mixer or a whisk, beat the eggs and sugar until the mixture is thick, pale yellow, and the sugar is completely dissolved, about 4 to 5 minutes.
3. Add the Marsala and salt.
4. Put the bowl atop the saucepan with the boiling water, making sure the bottom of the bowl is not touching the water. Beat the mixture on medium speed, until it is thick, frothy, holds a ribbon, and the temperature reaches 145 to 150 degrees F, on an instant-read thermometer.
5. Fill dessert crocks with a nice layer of berries. Spoon the zabaglione mixture over the berries, just about but not quite covering them. Please them in the oven at 350° for just a few minutes until a bit of color starts to develop on top.
6. Remove from oven and let cool.

Serving

May be served room temperature or warm. Re-warm the amaretto sauce and spoon over the top.