

ZABAIONE

(Marsala Custard)

SERVES 4



THE NAME zabaione, sometimes also spelled “zabaglione”, possibly derives from *sbaglione*, meaning big mistake—something to do with the way it was discovered, no doubt. It is popular all over Italy but may have been in-

vented in Florence—despite its use of marsala (a sweet fortified wine), which comes from Sicily. Serve zabaione as a dessert (by itself or with a few Italian cookies like amaretti or biscotti), or use it as a topping for cake or fruit.

4 egg yolks
¼ cup sugar
½ cup marsala

1. Put eggs and sugar into a large stainless-steel mixing bowl and, using a large whisk, beat until thick and pale yellow, about 5 minutes.
2. Bring a large pot of water just to a simmer over medium heat (do not let it boil). Set bowl with eggs and sugar over the simmering water to make a double boiler. Gradually drizzle in the marsala, whisking continuously. Continue whisking until the mixture is light and foamy, almost tripling in volume and holding soft peaks, about 15 minutes. (Do not let egg cook around the edges of the bowl.) Spoon into 4 bowls and serve either warm, at room temperature, or chilled.