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**Zabaglione**

Makes 4 servings

**Ingredients-**have your ingredients prepared in advance as suggested in the ingredient list.

8 egg yolks

½ cup sugar

![](data:None;base64...) 1 cup sweet or dry Marsala wine

**Equipment for class**

double boiler or saucepan with a medium sized metal mixing bowl

large whisk

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**Zabaglione**

Zabaglione is an Italian custard sauce that can be served cold or warm, either spooned into glasses on its own, or under sliced fruit, or with plain cakes.

 Serves 4

8 egg yolks

½ cup sugar

![](data:None;base64...) 1 cup Sweet Marsala wine

 Double boiler

Prepare the sauce using a double boiler or saucepan with a medium sized metal mixing bowl placed on top. Fill the base with ½ inch water and place over medium heat.

Put the egg yolk and sugar into the top bowl of the double boiler or metal mixing bowl (off the heat).

Using a large whisk, whip the egg yolks and sugar for about 3 minutes until the sugar mixture is pale yellow and creamy.

Pour in the Marsala wine and whisk until the sugar is dissolved.

Heat the mixture over barely simmer water. As you whisk vigorously, the mixture will begin to foam, then swell to triple in volume into a soft mass. Zabaglione is ready when it is light and fluffy and clings to a spoon like loose pudding, about 8 minutes. Remove from the heat and serve warm or chilled alone, with berries, or biscotti.

Notes

The egg yolk mixture increases considerably in volume as you beat it. If your double boiler is not very large, use a large bowl over a pot of water.

Zabaglione is a base for many desserts. Here is a [**link**](https://www.foodandwine.com/how/zabaglione) to some great ideas.

Choose your wine:

1 cup Marsala-sweet or dry

1 cup Prosecco