




Cold Zabaione with Marsala and figs






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

Preparation

	Time required	approx. 60 minutes
	Difficulty	Average - For amateurs
	Portion size	4 People

Features

	Dish	Dessert - Zabaione custard
	Typical product	Eggs - 0 km
	Suitable in	Summer - Warm evenings

INGREDIENTS

Zabaione

- 80 g pasteurized egg yolk
- 1.2 dl white wine for cooking
- 2 cl Marsala
- 60 g of sugar
- 1.6 pcs of gelatine sheets x 1.5 g
- 2 dl cream 35%
- 2 fresh figs from Ticino

PREPARATION

Zabaione

1. Whip the cream;
2. Cut figs into squares;
3. Whip the yolks, sugar, white wine and Marsala in a bain-marie until you get a nice smooth froth;
4. Continue to whip until completely cooled;
5. Add the gelatine sheets dissolved in a bain-marie;
6. Incorporate the whipped cream and figs;
7. Pour the Zabaione into small bowls and let it cool down;
8. Garnish.