



CHAMPAGNE SABAYON

INGREDIENTS

- 3 egg yolks
- 75 g (2.7 oz) white sugar
- 125 m (4 fl oz) champagne (or sparkling wine)
- Small piece of lemon rind for a touch of flavour
- 400 g (14 oz) mixed berries (I use raspberries and blueberries)

NOTES

To serve, shallow egg dishes are great if you want to broil the tops of the dessert. Or use a cocktail glass for some class. If you can get your hands on one, a chef's torch is great to create that crème brûlée look.

METHOD

1. Use a balloon whisk to beat the egg yolks with the sugar in a large bowl for about a minute, then add the champagne and lemon rind and continue to whisk for a further 2 minutes to start the emulsion.
2. Now sit the bowl with the mixture over a medium-sized saucepan containing barely simmering water (or use a double boiler). The water should not touch the bottom of the bowl.
3. Over medium-low heat, whisk constantly while the mixture becomes foamy and triples in volume. This should take up to 10 minutes. When done, the sabayon will have a glossy, creamy texture and the streaks around the side of the bowl will start to dry. Remove from the heat and place the bowl immediately in a tray of ice to stop the sabayon from cooking further.
4. To serve, layer a dish or cocktail glass with berries and ladle the sabayon over the top. Place under the broiler for 1-2 minutes or scorch the surface with a chef's torch.