

Fresh Fruits Glazed with a Champagne Sabayon

Category: Dessert (Serves 6)

Recipe by Martial Poilbout

Ingredients:

3	Fresh Figs
	Strawberries
1	Pineapple
2	Nectarines
1	Orange
2	Banana
1	Bottle of Champagne
400 Grm	Sugar
100 Grm	Icing Sugar
1	Vanilla Bean
6 to 8	Eggs
1	Bunch Fresh Mint Leaves

SEE WEIGHT MEASURE CONVERSIONS AT THE
END OF THE RECIPE

Dessert



Preparation:

- Clean and Cut the Fruits and *Keep* them in a Tray
- Spread some of the Sugar all over them and half of the Champagne
- Cut the Vanilla Bean by the Half, Remove the Seeds and add them to the fruits Let the Fruits Marinate at least one hour

For the sabayon:

- Separate the Egg Yolk and the White
- Keep the Egg Yolk in a Deep Pan and Pour over them the Fruit Marinade
- Whip to incorporate Air
- Put on the Stove not too Hot or in a Bain-Marie and Carry on to Whip until it is Cooked
- Put the Fruit in a Deep Plate then Pour the Sabayon all over them and Glaze the Plate
- Decorate with the mint Leaf and Icing Sugar

Wine Suggestion:

Côteaux di Layon, Domaine la Gabetterie, Loire Valley, 1999 Domaine la Gabetterie produces a medium to full-bodied wine with very good sweetness and richness, spicy, citrus, and melony, with complexity and a good length.

Weight Measures Conversions:

¼ ounce	8 grams
½ ounce	15 grams
1 ounce	30 grams
4 ounces	115 grams
8 ounces	230 grams
16 ounces	455 grams (1 pound)
2.2 pounds	1 kilogram
1 cup	25 CL - 2.5DL - 250ML