

ZABAGLIONE (Italian Custard)

4 large egg yolks
2 tablespoons honey or ¼ cup fine sugar
1 tablespoon fresh lemon juice
Pinch of salt
½ cup heavy cream

Beat egg yolks, honey, lemon juice and salt in a heat proof bowl or in the top of a double boiler. Using a wire whisk or electric mixer continue beating over simmering water until mixture becomes thick and doubles in volume (it should easily coat the back of a spoon). If using sugar, gradually add about a tablespoon at a time, beating well after each addition. Remove yolk mixture from heat; cool slightly. Beat whipping cream in a bowl until stiff peaks form. With a spatula gently fold in whipping cream. Pour into 4 wine glasses or dessert bowls and serve or refrigerate and serve chilled. Serve over fresh fruit such as orange segments, sliced berries; or serve with lady fingers, pound cake or angel food cake and if desired top with toasted nuts and fruit. Yield: 4 servings.

**If less lemon flavor is desired, use 1 t lemon juice and 2 t Marsala wine or other liquid.