

Nectarine Sabayon Recipe from Worldwide Gourmet



Total time: 15 to 30 minutes

Preparation time: 10 minutes

Cooking time: 15 minutes

Difficulty: Easy

Ingredients

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- 6 Nectarines

- 1 packet of vanilla sugar

- 4 egg yolks

- 250 ml (1 cup) fruity white wine

- 100 g (1/2 cup) sugar

- 30 g (2 tbsp.) butter

Garnish

- Flaked almonds

Method

1. Wash and dry the nectarines. Pit them and cut into pieces.
2. Melt the butter and vanilla sugar in a skillet. Quickly brown the nectarines in the mixture.
3. In a heatproof bowl, whisk together the egg yolks, sugar and wine.
4. Place the bowl over a bain-marie at 70° C (160° F) and cook for 10-15 minutes, whisking constantly to form a thick creamy mousse. The mixture should stick to the whisk before falling off.
5. Divide the fruit among stemmed dessert dishes and top with the warm sabayon.
6. Sprinkle with flaked almonds and serve immediately.