





## ***Contents***

|   |                                   |   |
|---|-----------------------------------|---|
| 1 | Breakfast                         | 1 |
|   | Zabaglione alla Marsala . . . . . | 1 |
| 2 | Bread                             | 9 |



## Breakfast

### Zabaglione alla Marsala

$\frac{1}{2}$  hour, 4 Portions

*This is a well-known Italian recipe which is great for piling on the calories.*

- |   |                     |                     |  |
|---|---------------------|---------------------|--|
| 1 | 6                   | egg yolks           | In the top of a double boiler, combine the egg yolks with sugar and Marsala, and whip the mixture over hot, but not boiling, water until it thickens. Stir in gelatine, softened in cold water and dissolved over hot water. |
|   | 2 oz                | granulated sugar    |  |
|   | 6--8 tbsp           | Marsala (or sherry) |  |
|   | $\frac{1}{4}$ oz    | gelatine            |  |
|   | 2 tbsp              | cold water          |  |
| 2 | 3 tbsp              | brandy              | Put the pan in a bowl of ice and stir the zabaglione well until it is thick and free of bubbles. When it is almost cold, fold in brandy and whipped cream and pour into individual moulds.                                   |
|   | $\frac{3}{8}$ pt    | double cream        |  |
| 3 | 3                   | egg yolks           | To make the sauce, combine egg yolks and sugar in the top of a double saucepan. Whisk mixture over hot, but not boiling, water until the sauce coats the back of a spoon. Stir in the Marsala and brandy.                    |
|   | 1 oz                | granulated sugar    |  |
|   | 3--4 tbsp           | Marsala (or sherry) |  |
|   | $1\frac{1}{2}$ tbsp | brandy              |  |
| 4 |                     |                     | Chill the zabaglione, unmould it, and serve with the sauce immediately.  |

## ***Bread***