

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
		literally anything	sugar and Marsala, and whip the mixture over hot, but not
	2 oz	granulated sugar	boiling, water until it thickens. Stir in gelatine, softened in
	6–8 tbsp	Marsala (or sherry)	cold water and dissolved over hot water.
	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
	3/8 pt	double cream	until it is thick and free of bubbles. When it is almost cold,
			fold in brandy and whipped cream and pour into individual
			moulds.
3	3	egg yolks	To make the sauce, combine egg yolks and sugar in the
	1 oz	granulated sugar	top of a double saucepan. Whisk mixture over hot, but not
	3–4 tbsp	Marsala (or sherry)	boiling, water until the sauce coats the back of a spoon. Stir
	1 1/2 tbsp	brandy	in the Marsala and brandy.
4			Chill the zabaglione, unmould it, and serve with the sauce
			immediately.