

66

Sabayon

serves 4

3 egg yolks

1 cup powdered sugar

1/3 cup orange juice 45

raspberry jam 260 Potassium
points

1 cup heavy wh cream

4 kiwi fruit or 1800

4 peaches - peeled
& sliced 1330

for Sabayon, combine egg yolks, p.sugar,
and orange juice in top of double boiler.
Whisk with wire whip until smooth
and thoroughly blended. Place over
gently boiling water and cook, stirring

constantly for 8 minutes or until mixture thickens (Mixture thickens somewhat after 4 min. but complete thickening requires about 8 minutes) Cover and refrigerate until well chilled — about 30 min.

Whip cream until stiff; fold in egg yolk mixture. Spoon this into 4 stemmed glasses over sliced fruit. Top with raspberry sauce.