

Zabaglione Ice Cream



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Serves 4-6

Prep time: 15min + chilling time

Cook time: 15min

Total time: 30min

Difficulty: Basic

Category: Mousses, creams & ice creams

Cuisine: Italian

This ice-cream was inspired by Zabaglione, an Italian egg custard made with dessert wine, usually Marsala. It's quite rich, but really creamy and delicious. I added some raisins to the ice cream and served it with amaretti biscuits for crunch, but you can easily omit those two elements.

Ingredients

120ml Marsala or other dessert wine

30g raisins

4 egg yolks

100g sugar

240ml milk

240ml heavy cream

Directions

In a small bowl, combine raisins and Marsala and allow to soak.

Whisk egg yolks and sugar until thick and fluffy. Heat milk and cream in a saucepan over medium heat until the mixture reaches boiling point. Gradually whisk hot milk and cream into the yolk mixture to temper them. Scrape the mixture back into the saucepan and cook over medium heat until it turns into a custard like consistency. Scrape the bottom as you stir. It's best to use a silicone based spatula or a wooden spoon to stir the ice cream. The ideal temperature is 71-80°C, and a good indication is when it coats the back of a wooden spoon evenly. This should take about 6 minutes. Pour the custard through a sieve and stir in Marsala and raisin. Cover with cling film and refrigerate at least 3 hours.

Churn the cold custard in your ice cream maker. Transfer to a container, cover and freeze until firm

If you don't have an ice cream machine, transfer the cooled custard into a freezer friendly plastic or metal bowl, cover with a lid or cling film, and put it in the freezer. For the next 3 hours, check the ice cream every 30 minutes and stir vigorously to break up any ice crystals. It's best to use a sturdy whisk or a spatula. Then leave it in the freezer until completely frozen and serve.