

Dessert

Strawberry Zabaglione Loaf

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Servings: 12

Preparation Time: 30 minutes

Start to Finish Time: 12 hours 45 minutes

Cook time: 15 minutes

nonstick cooking spray

4 cups fresh strawberries, chopped

1 cup sugar

1/2 teaspoon orange peel, finely shredded

4 egg yolks

2 eggs

3/4 cup champagne or white grape juice

1 cup whipping cream

1 teaspoon vanilla

fresh strawberries (optional), halved

sweetened whipped cream (optional)

ground cinnamon (optional)

Lightly coat a 9x5x3-inch loaf pan with cooking spray. Line the pan with plastic wrap. Set aside.

In a food processor or blender, process or blend the strawberries until smooth. Transfer the strawberry puree to a small bowl. Stir in 1/4 cup of the sugar. Set aside.

In a double boiler set over simmering water, combine the egg yolks, whole eggs and the remaining sugar. Stir in the champagne. Cook and stir until the mixture thickens and reaches 160 degrees on an instant-read thermometer, about 15 minutes.

Remove the double boiler insert from the saucepan and place in a bowl of ice water.

Whisk the strawberry mixture for about 5 minutes or until cool.

Stir the strawberry mixture into the egg mixture.

In a medium chilled mixing bowl, beat the whipping cream and vanilla with an electric mixer until soft peaks form.

Fold the whipped cream into the strawberry mixture. Spoon into the prepared pan. Cover and freeze for 12 to 24 hours.

To serve, briefly dip the loaf pan into warm water. Invert onto a serving plate. Remove the plastic wrap.

Cut into slices.

If desired, serve with halved strawberries, whipped cream and/or cinnamon.

Per Serving (excluding unknown items): 181 Calories; 10g Fat (48.9% calories from fat); 3g Protein; 21g Carbohydrate; 1g Dietary Fiber; 133mg Cholesterol; 22mg Sodium. Exchanges: 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 Fat; 1 Other Carbohydrates.