

PEARS SABAYON

(Serves 8)

8 fresh pears or equivalent of canned pears

Sabayon:

8 egg yolks

1/8 teaspoon salt

1 cup sugar juice of 1/2 lemon

1 cup sherry or marsala

2 teaspoons brandy or more

1 cup heavy cream, whipped

Drain canned pears.

If pears are fresh, simmer in a little water with cup sugar and 1 teaspoon of vanilla extract until tender. Then drain pears.

Sabayon:

Beat egg yolks with salt, sugar and lemon juice until mixture is light

Cook in double boiler until thick, stirring constantly.

Gradually add wine and brandy.

Cool mixture then fold into whipped cream.

Place pears in individual dessert dishes and pour Sabayon over.

PS Use egg whites to do meringues or other cookies !

Lorraine Carren

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