



Seasonal Fruit with Sparkling wine sabayon

Recipe by Anel Potgieter

Serves: 4

Cooking: 15min

Difficulty: Easy

Ingredients :

Equal quantities of seasonal fruit, cut into small blocks Few mint leaves, finely chopped
Sabayon: 4 large egg yolks 4 Tbs Selati castor Snow 1/2 cup sparkling wine

Methods :

Fill a saucepan half-full with water over medium heat and bring to a simmer. Place all ingredients in a medium stainless-steel bowl and whisk until well combined. Place the bowl over the saucepan and continue to whisk until the sauce is thick and doubled in volume, 3 to 5 minutes. The sauce should be thick enough so that it will support a ribbon of sauce trailing off the end of the spoon when lifted. Serve over fruit in small bowls or decorative glasses.