

# Strawberry & blood orange zabaglione



## Strawberry & blood orange zabaglione

**Preparation:** about 20 minutes

**Cooking:** about 10 minutes

**Serves:** 6

6 blood oranges, peeled and segmented  
500g small strawberries, hulled and halved

### Blood orange zabaglione

4 egg yolks (at room temperature)

½ cup caster sugar

½ cup strained blood orange juice  
(approx. 2 blood oranges)

1. Combine blood orange segments and strawberries in a bowl. Spoon evenly into 6 serving glasses. Set aside.
2. To make blood orange zabaglione, place egg yolks and sugar in a medium heatproof mixing bowl. Using a hand-held electric beater, beat on high for 3 minutes until mixture is thick and creamy. Place the bowl over a saucepan of simmering water over medium-low heat (ensuring bowl does not touch water) and beat mixture on high speed for 4-5 minutes until thick and warmed through. Gradually whisk in orange juice. Beat for a further 2-3 minutes over simmering water until mixture resembles lightly whipped cream. Remove bowl from heat and place base of bowl into cold water for 1 minute.
3. Spoon warm zabaglione over fruit in serving glasses and serve immediately.



### Strawberries

- A great source of vitamin C. One of the functions of vitamin C is to help the body defend itself against infections.
- The very tiny seeds in strawberries are a good source of fibre. Dietary fibre helps prevent constipation.