

Sambaiun al Nebbiolo - Egg Cream with Nebbiolo

Ingredients	Preparation
<p>Ingredients:</p> <p>6 Egg Yolks (120 grams) 120 grams sugar 1/2 cup Nebbiolo Red Wine (115 grams)</p> <p>Suggested Wine Pairing:</p> <p>Aldo Clerico Langhe Nebbiolo</p> <p>Serves: 4 portions</p>	<ol style="list-style-type: none"> 1. Set water to boil in the bottom of a double boiler. In the top bowl, whisk together the sugar and egg yolks. Slowly add in the nebbiolo while whisking vigorously. 2. When mixed well, gently place the bowl in the double boiler whisking quickly and continuously. Occasionally, use the whisk to scrape the side of the bowl to clean it. 3. As it cooks, the mixture will become thick and frothy. When the mixture reaches 140F degrees, remove the zabaglione from the double boiler. Serve over a piece of hazelnut cake or gelato, with cookies, or enjoy it by itself.

This recipe is courtesy of Trattoria Risorgimento in Treiso, Italy.

In fact, **zabaglione** pronounced *zaba-lyee-own-eh* is an interesting example of how names and words can morph and change throughout Italy and its history. As said above, it is a creamy, saucy, custard made from whipping egg yolks, sugar, and wine together and letting them cook over a double boiler. Archaically spelled *zabajone*, in some regions it is spelled *zabaione* and yet in others *zabaglione*. Piemontese changes it further into *sambaiun*.

Depending on the area, family recipe, or local traditions, the wine used to make zabaglione can change as well. Some use marsala wine for a rich liquor tasting zabaglione, and using an aromatic moscato wine will produce a brightly colored sweet yellow-orange sauce. **Trattoria Risorgimento** in Trieso, Italy, also likes to make sambaiun with a red wine like **nebbiolo**, adding an almost tannic finish and cutting into the sweetness allowing for an interesting dessert.

While delicious when served on its own, zabaglione is also a great accompaniment for other desserts. Serve it over gelato or with a crumbly *torta di nisole* (a hazelnut cake local to the Langhe), or even just with cookies to dip in it.

