



Recipe from: [My Catholic Tradition](#)

Summer Berries in Sabayon Glaze

If you use frozen berries, defrost them in a sieve over a bowl to allow the juices to drip. Stir a little juice into the fruit before dividing among the dishes.

SERVES FOUR

4 cups mixed summer berries, or soft fruit (fresh or frozen)

4 egg yolks

1/4 cup vanilla sugar or caster (superfine) sugar

1/2 cup liqueur, such as Cointreau or Kirsch or a white dessert wine

Arrange the mixed summer berries or soft fruit in four individual flameproof dishes.

Preheat the grill (broiler).

Whisk the yolks in a large bowl with the sugar and liqueur or wine.

Place over a pan of hot water.

Whisk constantly until the mixture is thick, fluffy and pale.

Pour equal quantities of the yolk mixture into each dish.

Place under the grill for 1–2 minutes, until just turning brown.

Add an extra splash of liqueur, if you like, and serve immediately