



THE BROMLEY COURT HOTEL

Glazed Strawberries with Champagne Sabayon

Serves 8

Ingredients:

2 x 400g punnets of fresh strawberries

100ml of champagne, or sparkling wine

For the Sabayon:

275ml double cream

6 egg yolks

150g caster sugar

Splash of framboise (optional)

Strawberry sorbet to serve

Method:

- Give the strawberries a gentle wash and drain on kitchen paper. Halve any large ones and place the berries in a shallow dish. Pour over the champagne or sparkling wine and leave for an hour.
- For the sabayon, whisk the cream into soft peaks and leave in the fridge.
- Place the egg yolks and sugar into a round-bottomed bowl and place over a saucepan of simmering water. The bowl should not touch the water.
- Whisk the egg yolks and sugar continuously until thick. It should reach the 'ribbon stage' - thick enough so when you drag the whisk through the mixture it leaves a trail.
- Pour the mixture into a cold bowl and whip again to cool it down.
- Fold the whipped cream in the cold sabayon. Add a splash of framboise at this stage, if you have it. The sabayon will keep in the fridge for up to 3 days.
- To serve: place the strawberries with some of the champagne juice in a bowl or pretty plate. Spoon over the sabayon. Place under a hot grill for a minute to

caramelize the sabayon – or use a cook’s blowtorch. Serve with a scoop of strawberry sorbet, available from most good supermarkets.

Chef’s tip one: Making sabayon is simple, but there is one golden rule – you must whip the egg yolks and sugar continuously over the simmering water. If you leave it for a few seconds, you’ll end up with scrambled egg.

Chef’s tip two: Try marinating strawberries in other alcoholic drinks. It’s a great way of rescuing unripe strawberries. Try red wine and sugar or vodka with lemon juice and a splash of balsamic vinegar, or the zest of an orange with a splash of orange liqueur.

Chef’s tip three: Freeze the egg whites to make meringue another day.