

Fresh berries topped with a glazed Prosecco sabayon (website)

OVERVIEW ...



CALORIES:
49.4% Carbs
10.6% Protein
40% Fat

FOOD LABELLING...

Serves 1

CONTAINS:



EGGS



SULPHITES

OTHER PROPERTIES:



VEGETARIAN

RECIPE INGREDIENTS ...

QUANTITY:

DESCRIPTION:

METHOD:

149605 Blueberries..

BLUEBERRIES

BRAKES

30g

0.3 x Each

unchanged

149607 Raspberries..

RASPBERRIES

BRAKES

30g

0.38 x Each

unchanged

450610 Strawberries.. - BRAKES

450610 STRAWBERRIES

BRAKES

30g

0.08 x Each

unchanged

149606 Blackberries..

BLACKBERRIES

BRAKES

30g

unchanged

113879 Herb Bunched Basil.. - BRAKES

113879 PREMIUM LARGE BASIL BUNCH FRESH DIRECT

BRAKES

5g

0.05 x Each

N/A

350098 Tate & Lyle Caster Sugar 2kg..

CASTER SUGAR

BRAKES

35g

Each

N/A

130833 Fitz English Sparkling White Wine (England).. - BRAKES

130833 SPARKLING WINE

BRAKES

10ml

0.01 x Each

unchanged

135576 Noble Free Range Liquid Egg Yolk.. - BRAKES

135576 LIQUID EGG

BRAKES

50ml

½ x Each

unchanged

PRODUCTS / PACK SIZES ...

1 Serving



🕒 220g / 364kcal

1.0

COOKING INSTRUCTIONS & NOTES

METHOD

Preparation:

Wash and prepare the fruits

Method:

1. In a bowl mix the fruits and basil together.
2. Bring a pan of water to the boil then reduce to a simmer.
3. Place a bowl over the gently simmering water and whisk the eggs and sugar together to form a thick custard - whisk in the sparkling wine.
4. Spoon the berries into an ovenproof dish and spoon the sabayon over.
5. Place under a medium hot grill to cook the sabayon for 2 minutes.
6. Serve immediately.