



R e c i p e

PASTE DI MELIGA WITH ZABAGLIONE

PASTE DI MELIGA

w i t h z a b a g l i o n e

Recipe: **KAROLINA WIERCIGROCH**

INGREDIENTS

PASTE DI MELIGA

250 g flour
125 g extra fine polenta
100 g sugar
250 g soft butter, diced
2 eggs
 peel of 2 lemons
 a pinch of salt



SERVING

makes around 35
small biscuits



CATEGORY

Dessert



ISSUE

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HOW IT'S DONE: PASTE DI MELIGA

- STEP 1** In a large bowl, combine flour, cornmeal, sugar, salt and lemon peel.
- STEP 2** Add butter and eggs.
- STEP 3** Working with your fingers, mix butter and eggs into dry ingredients, forming a soft, smooth dough.
- STEP 4** Cover the bowl with a kitchen towel and set aside for 30 minutes.
- STEP 5** Preheat the oven to 180°C. Line a baking tray with parchment paper.
- STEP 6** Transfer the dough to a pastry bag and use it to shape biscuits onto the baking tray.
- STEP 7** Bake until golden - about 10-15 minutes. Let cool completely.

ZABAGLIONE

4 egg yolks
4 tbsp sugar
4 tbsp Vin Santo (or other sweet
wine)

HOW IT'S DONE: ZABAGLIONE

- STEP 1** Prepare a pot of water gently simmering over low heat.
- STEP 2** Put sugar and egg yolks into a nonreactive bowl and vigorously whisk until well combined.
- STEP 3** Sugar should dissolve and the mixture should become brighter and more foamy - this should take 3-4 minutes.
- STEP 4** Place the bowl over the pot of simmering water, creating a bain-marie.
- STEP 5** Whisking constantly, gradually add wine.
- STEP 6** Continue whisking until the mixture is pale and foamy - for about 5 minutes.
- STEP 7** Be careful not to let yolks cook around the edges of the bowl.