

# Ice Fruit / Chocolate Parfait

300g Caster sugar  
200g Egg yolks  
1kg Fruit puree

OR

200g Chocolate  
1.5pint Whipping cream



Large saucepan  
3 metal bowls  
Whisk  
Metal spoon  
Moulds



Put a large pan on high heat, half fill with water and bring to the boil.

In a metal bowl put sugar and yolks. Put whites into a clean container and refrigerate for other use.

Reduce the heat on the water until gently simmering. Put the bowl with yolks and sugar over the pan and whisk until it turns pale... this is called a "sabayon"

If making a fruit parfait add the fruit puree. If making a chocolate parfait add chocolate and whisk to aid the melting of the chocolate.

Whisk cream lightly, not to full peak, and fold into the cooled sabayon mix. Freeze into the moulds