

# Iced Plum Parfait

170gms caster sugar  
100 gms egg yolks  
375mls whipping cream  
250gms plum puree

put a large saucepan on a high heat half fill with water and bring to the boil

in a metal bowl put sugar and egg yolks. Put whites in a clean container and set aside for use in another dish

turn down the heat on the water so it is simmering gently. put the bowl with the yolks and sugar over the pan of water and whisk until it is pale. This is called a sabayon

add the plum puree and mix well

whisk the cream lightly not to a firm peak and fold into the cooked sabayon mixture

Freeze in small dariole moulds

