

Kaspars Roast Bosc Pear with Prosecco Zabaglione

2 ripe bosc pears
1 T unsalted butter
2 T brown sugar
3 egg yolks
4 T sugar
½ cup prosecco
Zest of ½ orange
4 scoops of vanilla or caramel ice cream

Prep

- Preheat oven to 350
- Cut pears longwise in half and remove the core with a melon baller
- Place parchment paper on a baking sheet, spread butter and brown sugar on about 8x8 area
- Place the prepared pears cut side down on the sugar and butter
- Bake for about 15 minutes or until the pears are cooked and soft
- Take out of oven and keep at room temperature until ready to use
- To make the zabaglione put a pot of water on the stove and make a double broiler
- In a round bottomed stainless steel or glass bowl, combine the egg yolks, sugar, and prosecco and orange zest
- With a whisk, stir vigorously over the pot of boiling water for about 8 minutes until frothy
- Remove from heat
- To assemble this dessert, transfer pears cut side up on a dessert plate, place a ball of ice cream on it and drizzle the zabaglione over it

Chef's note: marsala, port wine, champagne or any other white wine can be used in place of the prosecco wine.

Class recipes can be found at www.evergreenhealth.com/recipes