

Grilled Nectarines with Dark Rum Custard Sauce

Summer Fruit with Sugar & Spice | June 2007



This style of custard sauce that is whipped over heat until frothy is called zabaglione in Italy. Once the whipped cream is added, it can be chilled up to 24 hours before serving, but it may lose a little volume.

- 4 EGG YOLKS
- 1/4 CUP GRANULATED SUGAR
- DASH SALT
- 1/3 CUP PEACH NECTAR OR ORANGE JUICE
- 2 TBSP. DARK RUM
- 1/2 CUP WHIPPING CREAM
- 1/4 CUP BUTTER, MELTED
- 1/4 CUP PACKED BROWN SUGAR
- 8 SMALL RIPE NECTARINES AND/OR PEACHES, HALVED AND PITTED
- CHOPPED TOASTED HAZELNUTS (OPTIONAL)

For zabaglione, in a large heatproof mixing bowl or the top of a double boiler, combine egg yolks, granulated sugar, and salt. Place bowl over a large saucepan or bottom of double boiler of simmering (not boiling) water. (Upper bowl should not touch water.) With a hand-held electric mixer, gradually beat in peach nectar and rum. Cook over simmering water, beating constantly, until mixture thickens, mounds, and registers 160° on an instant-read thermometer (about 8 minutes). Remove from heat. Place bowl in a larger bowl partially filled with ice water and beat constantly until mixture has cooled completely. Remove bowl from ice water.

In a chilled medium mixing bowl beat whipping cream with an electric mixer on medium speed until soft peaks form (tips curl). Fold whipped cream into cooled egg mixture. (You can serve immediately or cover and chill for up to 24 hours before serving.)

In a small bowl stir together melted butter and brown sugar. Brush the nectarines with the butter mixture. For a charcoal grill, cook nectarines on the rack of an uncovered grill directly over medium coals about 3 minutes on each side or until golden brown and caramelized. (For gas grill, preheat grill. Reduce heat to medium. Add nectarines to grill rack. Cover and grill as above.)

To serve, spoon zabaglione into 8 dessert dishes. Top with grilled nectarines and, if desired, sprinkle with nuts. Makes 8 servings.

Per serving: 254 cal., 14 g fat (8 g sat. fat), 141 mg chol., 71 mg sodium, 29 g carbo., 2 g fiber, 3 g pro.

PEACHES & NECTARINES

Both of these fruits are ideal for dessert at summer cookouts because they hold up so nicely on the grill. They're also hard to beat in pies, fruit crisp, and tossed with honey and served atop ice cream. Try white-fleshed peaches as well.