KIKKOMAN

Honey & Soy Parfait with Spiced Oranges and Mulled Wine Zabaglione

Total time **50 mins** **50 mins** preparation time

Nutritional facts (per portion):
4,186 kJ / 1,000 kcal

Fat: **38 g** Protein: **5.6 g**
Carbohydrates: **90 g**

INGREDIENTS

4 portion(s)

For the honey & soy syrup

6 tbsp	honey
8 tbsp	Kikkoman Stir-fry Sauce
0.5	Lime (juice)
120 g	butter

For the honey & soy parfait

3 tbsp	water
100 g	sugar
65 g	egg white
	Honey & soy syrup according to taste
110 g	double cream, whipped

For the spiced oranges

200 ml	orange juice
80 g	sugar
20 g	honey
2	cloves
1	star anise
0.25	vanilla bean, halved and scraped
0.5	cinnamon stick
3	oranges fillets

For the mulled wine zabaglione

1	star anise
1	cardamom pod
0.25	cinnamon stick
2	cloves
60 ml	red wine (or mulled wine)
40 g	sugar
2	egg yolks

PREPARATION

Step 1

To make the honey & soy syrup put the honey, stir-fry sauce and lime juice into a pan and reduce to a syrupy consistency. Add the butter and whisk until all the ingredients are combined. Put the syrup in the refrigerator to chill. Note: The syrup has to be properly chilled before you use it in the next steps of the recipe, so it's best to prepare a day in advance.

Step 2

To make the honey & soy parfait, bring 50 ml water and 75 g sugar to the boil in a pan. In the meantime, put the rest of the sugar and the egg whites into bowl and use a food processor or hand whisk to whisk until stiff. Slowly add the sugar mixture, whisking constantly so that the ingredients increase in volume. Then add the honey & soy syrup very slowly. Finish up by carefully folding in the whipped cream. Fill the parfait mixture into ramekins or bowls and freeze before serving.

Step 3

To prepare the spiced oranges combine all ingredients except the oranges in a pan. Bring them to the boil briefly, then cover and leave to steep. Peel the oranges with a knife to remove all the white pith. Then leave them to marinate in the lukewarm liquid overnight. Slice the oranges before serving.

Step 4

To prepare the mulled wine zabaglione, crush the spices with a mortar and pestle and put them into a pan with the red wine. Heat up the liquid (don't allow it to boil!), then cover and leave to steep for approx. 10 minutes. Put a teaspoon of the mulled wine aside and mix the remainder with the egg yolk. Pass the mixture through a sieve into a bowl and whisk over a bain-marie until the mixture thickens to a custard-like consistency. Serve warm.