



## • Mulled wine parfait with dates

### **Ingredients:**

300 ml	red wine (e.g. Merlot)
4 tablespoons	spice mix for mulled wine (approx. 20g)
100 g	dates, halved, pitted, with piece sliced and fanned out
2	eggs
6 tablespoons	sugar
180 ml	cream (half cream or light single cream)
1 pinch	salt

### **Directions:**

Place parfait moulds into the freezer.

Bring the wine to a boil, remove the pan from the heat and add the spice mix.

Leave to steep for 5 minutes and then strain. Pour half of the liquid over the dates, cover, and set aside. Reduce the remaining liquid over heat to around.

100 ml and then let it cool. Whisk together the egg yolks and 3 tablespoons of sugar until the mixture is nice and light. Pour in the concentrated mulled wine and continue to stir the mixture over a bowl of hot water (e.g. double boiler or bain-marie) for approximately 4 minutes or until the mixture reaches a foamy consistency and coats the back of a spoon. Remove the bowl, stir a short while longer and then leave to cool.

Whisk the cream stiff and add to the mixture. Beat egg whites into stiff peaks, add 1 tablespoon of sugar and continue to beat until they glisten. Fold the egg whites carefully into the mixture and then pour into the moulds. Smooth off the top of each mould and then cover and freeze for 4 hours.

Strain the dates through a sieve and into a small pot. Add 2 tablespoons of sugar to the liquid and cook into a syrupy consistency. Allow to cool, cover, and set aside.

To serve: Stand the moulds briefly in cold water. Loosen the parfait by running a knife around the edge of each mould. Place three cubes on each plate, drizzle with syrup and serve with the dates.