

Bavarois perfumed with sweet Aleatico wine

Difficulty: medium

Time: 4h and 30'



This is a very simple dessert – Bavarois perfumed with sweet Aleatico wine.

This dessert is made with milk, whipped cream, lemon, icing sugar, egg yolks and gelatin. Preparation is very easy: Heat the milk with a little lemon juice; when it comes to the boil, remove from the heat and add the gelatin. Beat the egg yolks and icing sugar in a bowl and add the Aleatico wine. When the milk is almost cold, add these ingredients; whip the cream and add to the mixture. When these ingredients are all mixed together, pour it into a mould and cool in the fridge for about 4 hours. To make up the plate, we will be using pomegranate and autumn fruits, catmint – an aromatic herb found commonly in the fields of Elba – with a glass of Aleatico as an accompaniment.