

# Caramelized Apples in Phyllo Baskets with Zabaglione Sauce

Recipe By Yuval Attias



Cooking and Prep:  1 h

Serves:  6

Contains:   

Preference: Parve

Difficulty: Medium

Occasion: Rosh Hashanah

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Zabaglione (pronounced za-bal-yo-nee) is a light custard that originates in Italy, usually containing eggs, sugar, and sweet wine. It adds a touch of sophistication to this special dessert, perfect for Yom Tov and apple season.

## Ingredients (15)

### Sauce

- 1/2 a (750-ml.) bottle **Alfasi Cabernet Sauvignon** or other red wine
- 1/2 cup hot water
- 3 tablespoons **Galilee's Silan Date Syrup**
- 3 tablespoons dark brown sugar
- 1 cinnamon stick

3 whole cloves

1 star anise, or 1/2 teaspoon crushed anise seed

---

### Crust

1 sheet phyllo dough

1 tablespoon light brown sugar

melted margarine, for greasing dough (use soy-free, if needed)

---

### Apples

6 whole apples, peeled and cored

---

### Zabaglione

3 egg yolks

1 cup sugar

1 cup **Baron Herzog Chenin Blanc**, or other white wine

---

### Sommelier Suggests

**Herzog Late Harvest White Reisling**

---

## Start Cooking

### Prepare the Apples

1. Place all sauce ingredients in a small saucepan and bring to a boil over low heat. Simmer for five minutes, then remove from heat.
2. Arrange the apples in a small pot, densely packed. Pour the sauce over the apples until they're almost covered. Cook, covered, over low heat for 20 minutes. Turn the apples over and cook an additional 20 minutes. Remove apples from pot and set aside. Strain the remaining sauce and cook over low heat until thick. Set aside.

### Prepare the Baskets

1. Preheat oven to 350 degrees Fahrenheit (180 degrees Celsius).
2. Cut the filo sheet into six one- and- a- half-inch (four-centimeter) squares. Grease well with melted margarine and sprinkle with brown sugar. Grease six muffin cups with margarine. Press each square of dough into a muffin cup, to take on the shape. Lift the edges of the dough. Place muffin tin in the oven and bake for a few minutes, until the filo dough is golden. Gently remove the squares from the pans.

### **Make the Zabaglione**

1. Beat the egg yolks for the zabaglione with sugar. Place in a double boiler and add the wine. Continue beating by hand or with an electric whisk until the egg mixture is velvety and airy.

### **Assemble**

1. Place the phyllo baskets on a large serving plate. Cut the apples in half and place inside the baskets. Pour the zabaglione over them. Drizzle some of the thickened spiced wine around the apples and serve.

### **Credits**

Photography: Tomer Burmad

Food Styling: Anat Lobel