

## Italian Macedonia con Crema (Italian Fruit Salad)

Italians often serve a macerated fruit salad (*macedonia*) for dessert, and its contents will typically change with the seasons. I've used summer fruits here, but you could follow the same outline to make a winter *macedonia* with pineapple, bananas, oranges, apples, and grapes. Change the liqueur to rum or sambuca, if you prefer. In this case we will layer it with chocolate custard.

### Ingredients for fruit Macedonia:

1/2 pint strawberries, hulled and sliced  
1/2 pound apricots, plums, or pluots, sliced  
2 peaches, peeled if desired, sliced  
1/2 pint blueberries  
4 tablespoons Cointreau or other orange liqueur  
2 tbsp superfine sugar, or more to taste. Can use Splenda  
1 tsp grated lemon zest

### Directions:

**Make the Macedonia:** In a large bowl, combine the strawberries, apricots, peaches, and blueberries. Add the Cointreau, 1 tablespoon sugar, and lemon zest. Lightly mash. Toss gently, taste, and add more sugar if desired. Refrigerate for at least 2 hours or up to 8 hours.

### Crema:

5 cups whole milk  
Grated zest of 1 lemon  
8 large egg yolks  
2/3 cup granulated sugar  
1/2 cup all-purpose flour  
6 ounces semisweet chocolate, finely chopped, or chocolate chips  
1 cup heavy cream  
1/4 cup each dark rum and cherry liqueur or Grand Marnier  
Grated semisweet chocolate or chocolate curls for decoration, optional.

To prepare the custard, combine the milk and lemon zest in a small saucepan and bring to just under a boil. Remove from the heat. Beat the egg yolks and sugar in a large stainless steel bowl with a handheld mixer or in the bowl of an electric mixer fitted with the balloon whisk, until pale yellow and thick. Beat in the flour a little at a time. Add the hot milk in a thin stream, beating on low speed.

Leave the mixture in the bowl or transfer to the top part of a double boiler and set over simmering water. Cook, stirring constantly with a rubber spatula, until the cream begins to thicken, about 10 minutes. Once the cream starts to thicken, switch to a wire whisk and stir constantly, reaching all the way to the bottom of the bowl, until the cream is thick and easily coats a spoon, 6 to 8 minutes longer. Remove from the heat.

Add the chopped chocolate and stir until the chocolate is melted. (The finer the chocolate is chopped, the faster it will melt.) Place a sheet of plastic wrap directly on the surface of the batch of cream to prevent a skin from forming and refrigerate until cool.

Beat the heavy cream in a bowl until thick. Fold the cream into the chocolate custard. Layer the custard and the Macedonia. Top with a touch of whipped cream.