

Baileys and Dark Chocolate Parfait

By Emma Debenham (Abbeyfield Brecon Society)



12 servings



Prep: 25 minutes plus
freezing time

INGREDIENTS

4 Eggs*, separated

100g Caster Sugar

½ tsp Vanilla Bean Paste

400 ml Double Cream

100 ml Baileys Liqueur

50g Grated Dark

Chocolate

METHOD

1. Prepare loaf tins – slightly wet the inside of the tins and line with cling film, bringing it over the sides of the tin.
2. Whisk the egg yolks, sugar and vanilla until thick and pale.
3. Whip the cream into soft peaks and fold gently into the egg mix using a balloon whisk.
4. Whisk the egg whites and gently fold into the above mix.
5. Fold in the Baileys and chocolate and pour into prepared loaf tins cover with cling film.
6. Freeze until ready to serve.