

Greek Yogurt and Raspberry Semifreddo Recipe

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Prep. time : 30 minutes

Cook time : 15 minutes

Ready in 45 minutes

Level : Advanced

Coconut Sablé:

- Butter 125g (4.4oz)
- Powdered sugar 55g (2oz)
- Unsweetened dessicated coconut 30g (1oz)
- All purpose flour 135g (4.8oz)
- Egg yolk 20g (1 medium yolk)
- Salt 1g (a pinch)

Raspberry Semifreddo:

- Raspberry Puree 100g (3.5oz)
- Sugar 50g (1.8oz)
- Gelatin 4g (1Tsp)
- Water for gelatin (if you are using powdered gelatin) 16g (4Tsp)
- Italian meringue 140g (5oz)
- Whipped cream 115g (4.1oz)

Greek Yogurt Semifreddo:

- Greek yogurt 75g (2.6oz)
- Italian meringue 140g (5oz)
- Whipped cream 115g (4.1oz)

Italian Meringue (For Both Layers):

- Egg whites 85g (3oz)
- Sugar 200g (7oz)

Directions

1. Make coconut sablé. Put flour, powdered sugar, dessicated coconut and salt into a bowl and mix well. Add cold, diced butter and rub dry ingredients into it until you get crumbly mixture. Add one egg yolk and mix until you get uniform dough. Wrap in cling film, flatten and leave in the fridge for about half an hour until firm.
2. Roll chilled dough to 5mm (3/16") thickness, cut 10cm (4") circles, and place them onto parchment paper lined baking tray. Bake sablés at 180°C (350°F) for about 10-15 minutes until golden brown. Take them out from the oven, brush the edges of the sablés with an egg white and dip them in dessicated coconut. Take them back into the oven for another two minutes. Remove sablés from the oven and leave them to cool down.
3. Whip the 230g (8.2oz) of cream (for both layers) to soft peaks and put it in the fridge until needed.
4. Line five round round molds with acetate strips. My molds are 8cm (3") in diameter and 5cm (2") high.
5. For raspberry semifreddo soak gelatin in cold water and set aside. Put raspberry puree and sugar into a saucepan and heat until sugar dissolves. Remove the saucepan from heat, and add soaked gelatin. Stir the mixture until uniform and leave it to cool.
6. Make Italian meringue for both layers out of egg whites and sugar. Place egg whites into a bowl of a stand mixer fitted with whisk attachment. Put sugar and some water into a saucepan and start cooking the syrup. When the syrup reaches 110°C (230°F), start mixing egg whites on medium speed. When the syrup reaches 118°C (245°F), pour it into foamed egg whites, and continue whisking until meringue cools down.
7. Weigh Italian meringue and whipped cream for each layer.
8. When raspberry mixture cools down, add Italian meringue, and at the end, fold in whipped cream. Fill the molds halfway and freeze the semifreddo.

9. For Greek yogurt layer combine Greek yogurt with Italian meringue, and add whipped cream. Fill the molds over frozen raspberry layer all the way to the top of the mold. Level the top with small spatula, and leave everything in the freezer for couple of hours to set.
10. When your semifreddo freezes, take it out of the mold, remove the acetate strip and place it onto coconut sablé. Top it with some chopped pistachios and fresh raspberries and enjoy!