

Simple Semifreddo Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 20 minutes

Cook time : 5 minutes

Ready in 25 minutes plus cooling

Level : Advanced

Ingredients:

- Whipping cream 250g (8.8oz)
- Egg Whites 100g (3.5oz)
- Sugar 150g (5.3oz)
- Chopped hazelnuts 50g (1.8oz)
- Candied cherries 50g (1.8oz)
- Raisins soaked in rum 30g (1oz)
- Fresh raspberries as needed

Directions

1. Whip the cream to soft peaks.
2. Make Italian meringue out of 100g (3.5oz) egg whites and 150g (5.3oz) sugar: cook sugar with some water to 118°C (245°F) and pour it over whipped egg whites. Continue to whisk until Italian meringue cools down.
3. Toast and chop the nuts, cut candied fruits to small pieces, and soak raisins in rum.
4. Incorporate all the nuts and fruits into the meringue.
5. Fold in whipped cream into the mixture.
6. Put the mixture into two 15cm x 8cm (6" x 3") mini loaf pans lined with plastic foil, and freeze for at least 4 hours.
7. Cut semifreddo into pieces, and decorate it with some fresh raspberries.