



Together to stop bowel cancer

Gennaro Contaldo's Semifreddo of Almonds and White Chocolate

Semifreddo is a classic Italian dessert, which is served straight from the freezer but does not set as firm as ice cream. It is ideal for the warmer months and can be made in advance and kept in the freezer until you need it. I have used individual dariole moulds here but you could use one large mould, such as a loaf tin, and serve it sliced.

Serves 6

Ingredients

3 egg yolks
75g/3oz caster sugar
75g/3oz white chocolate, finely chopped
275ml/9fl oz whipping cream

for the *croccante* (praline)

37g/1 1/3oz caster sugar
150g/5 1/3oz blanched almonds, roughly chopped
4 1/2 tbsp water

Method

First make the *croccante*. Place the sugar in a small, heavy-based pan over a medium heat and stir with a wooden spoon until it begins to caramelize and turn golden brown. At this stage, add the almonds and water and mix well. Remove from the heat, pour the mixture on to a lightly oiled baking tray or marble board and leave to cool.

Whisk the egg yolks and sugar together in a bowl until light and fluffy and increased in volume. Break up the cooled *croccante* quite roughly and add 2/3 of it to the egg mixture, together with the white chocolate. Set the remaining 1/3 of the *croccante* aside, to decorate.

In a separate bowl, whip the cream to stiff peaks, then fold it into the mixture. Line six 9cm/3 1/2in dariole moulds with clingfilm, fill them with the mixture and place in the freezer for at least 2 hours, until frozen. To serve, remove from the freezer and leave at room temperature for a few minutes, then turn out on to plates and peel off the clingfilm. Sprinkle with the reserved *croccante*, if wished.

Credit: Gennaro's Passione (Pavilion)