

# Make It Sweet.

## Neapolitan Semifreddo

Semifreddo is a light frozen mousse and it's a great dessert for summer since you don't have to turn the oven on! This one is Neapolitan flavor – strawberry, vanilla bean and of course chocolate. This combination is just so classic and brings back memories of Neapolitan ice cream from my youth. Back then, I would only eat the chocolate and vanilla parts and I would give the strawberry part to my Dad. Luckily, my palate has matured and now I love the strawberry flavor (almost) as much as the chocolate - the chocolate section is delicious! From the basic recipe, the flavors can be changed to suit your tastes – limoncello, orange, pistachio – the options are endless. I will admit that this recipe takes a lot of bowls – so there is a bit to wash in the end – but I think it is worth it! Hope you enjoy!

~Jennifer



### Semifreddo

#### Ingredients

- 3 egg whites (large eggs)
- ½ C granulated sugar
- 1C heavy whipping cream
- 1 tsp vanilla bean paste
- 2 tsp Strawberry Icing Fruits
- 2 oz. good quality chocolate chopped into small pieces
- 1 Tbsp unsalted butter

#### Preparation

Lightly spray a loaf pan (9" x 4" x 3" tall) with vegetable oil spray and line the pan with plastic wrap leaving a generous overhang on all sides.

Combine the egg whites and sugar in the bowl of a double boiler. Heat over simmering water, stirring continuously until the mixture is warm and the sugar is fully dissolved. You can tell if the sugar is dissolved by running your finger through the mixture and feeling for any graininess. Once the sugar is dissolved, remove it from the heat – you don't want to cook the egg whites. Pour into the bowl of the mixer and start mixing with the whip attachment at medium and then increase the speed to high. (A hand mixer works just fine for this recipe too.) This will mix for about 8 minutes until it forms stiff peaks - it will be about triple in volume and the bowl will be cool to the touch. Then beat the cream until soft peaks form, add the vanilla bean paste and just whip until incorporated. Fold the whipped cream into the egg white mixture adding just a third at a time until it is all incorporated. Separate the mixture into 3 bowls – one can be a little less than the other two (that will be the chocolate one). Add the Strawberry Icing Fruits to one of the bowls and delicately fold in until fully mixed. Spread this in the bottom of the prepared loaf pan. Cover with plastic wrap right on the surface. Place in the freezer for 30 minutes. Spread the bowl of the plain vanilla on top of the strawberry layer, cover again with plastic and freeze for 30 more minutes. Place the chopped chocolate and the butter in a small microwave safe bowl and heat for 20 seconds – stir and heat at 10 second intervals until fully melted. Let this cool a bit and fold it into the remaining bowl. Spread on top of the vanilla layer. Cover with plastic and freeze for 4 hours minimum before serving. Use a sharp knife to slice. Make a quick sauce with the Icing Fruits by combining 1 Tbsp Icing Fruits, 1 Tbsp white Karo syrup and 1 Tbsp water. The semifreddo stores in the freezer for 5 days – so you can make it ahead – and have plenty of time for the dishes!