



# Caramel and chocolate semifreddo

20'

Hands on

4

Portion(s)

1

Difficulty



## Method

- Carefully separate the eggs into 2 large [bowls](#). There should not be absolutely any yolk in the whites.
- Beat the whites with a pinch of salt in a mixer with the whisk attachment. Beat until they turn into a light and fluffy meringue. Also the mixer's bowl should be completely dry before adding the egg whites.
- To the bowl with the yolks, add the sugar and beat with a hand whisk until the mixture comes together, becomes fluffy and the sugar dissolves completely. Add the vanilla and whisk to combine.
- Use a spatula to gradually add  $\frac{1}{4}$  of the yolk mixture to the meringue. Gently fold to combine. When the mixture has loosened a little, add the rest of the meringue and gently fold in with the spatula. It might be a little difficult to incorporate the two mixtures completely. It's alright if there are some streaks left in the meringue. The important thing here is to try not to lose any of the mixture's volume and keep it as fluffy as possible.
- Melt the pieces of chocolate by placing them in a metallic bowl which is held over a pot of simmering water (This is called a [bain marie](#) or a water bath). You can also melt it in the microwave. Cover bowl with plastic wrap and microwave for 1 minute set at 800 watts.
- In a mixer, beat the heavy cream with the vanilla extract, using the whisk attachment until it forms peaks. You don't want the whipped cream to be too thick so that it can be easily combined with the egg mixture.
- Add the whipped cream with a spatula and gently fold into mixture.
- Spread half the mixture to a pyrex or baking pan. To the remaining half, add the melted chocolate and mix with the spatula.
- You don't want the chocolate to be completely combined in the mixture but rather to make waves in the ice cream.
- Add the caramel chocolate couverture, cut into 0.5 cm cubes.
- Spread to cover mixture in baking pan.
- Put in freezer for 12 hours.
- Serve with some [crumble](#) and caramel syrup or on ice cream cones.

## Ingredients

- 4 eggs
- pinch of salt
- 60 g granulated sugar
- 2 teaspoons vanilla extract
- 50 g dark chocolate couverture, finely chopped
- 500 ml heavy cream, 35% fat
- 60 g caramel chocolate couverture, cut into 0.5 cm cubes

To serve

- [crumble](#)
- caramel syrup
- ice cream cones

## Διατροφικός πίνακας

Nutrition information per 100 gr.

308 Calories (kcal)	25.0 Total Fat (g)	15.0 Saturated Fat (g)	15.0 Total Carbs (g)
15%	36%	75%	6%
12.0 Sugars (g)	12.0 Protein (g)	1.6 Fibre (g)	0.49 Sodium (g)
13%	24%	6%	8%

## **Tip**

You can add any of your favorite ingredients to this ice cream! Fruit, wafers... Or serve it next to crumbles, pies, pancakes, crepes! A great addition is nuts and honey!