



Cherry and pistachio semifreddo

40'
Hands on

4-6 hours'
Hands off

8
Portion(s)

2
Difficulty



Ingredients

- 350 g heavy cream 35%, ice-cold
- 1 egg, medium
- 3 egg yolks, of medium eggs
- 100 g icing sugar
- 1 teaspoon(s) [vanilla extract](#)
- 400 g cherries
- lemon zest, of 1/2 lemon
- 70 g pistachios, finely chopped

To serve

- cherries
- pistachios

Διατροφικός πίνακας

Nutrition information per portion

308 Calories (kcal)	23.0 Total Fat (g)	11.0 Saturated Fat (g)	20.0 Total Carbs (g)
15%	33%	55%	8%
19.0 Sugars (g)	5.1 Protein (g)	1.4 Fibre (g)	0.04 Sodium (g)
21%	10%	6%	1%

Method

In Italian, the word semifreddo means “semi-frozen”. It is a refreshing dessert that resembles a frozen mousse and a more liquid ice cream. Its main ingredients are eggs, sugar, and heavy cream.

- In a mixer’s bowl beat the heavy cream with the whisk attachment at high speed, until it has a yogurt-like texture.
- Pour the whipped cream into a [bowl](#), cover with plastic wrap, and refrigerate until needed.
- In a heatproof bowl add the egg, the yolks, the icing sugar, the vanilla extract, and transfer it over a [pot](#) with boiling water (bain-marie), making sure its bottom is not touching the water.
- Whisk the mixture constantly, while checking the temperature with a cooking thermometer until it reaches 72° C (160° F) and the eggs are cooked.
- Remove the bowl from the bain-marie and let it cool for 20 minutes.
- Line the bottom and the sides of a 10x30 cm loaf tin with plastic wrap, leaving some overhang on all sides.
- Wash the cherries and cut them in half, removing the pits.
- Remove the bowl with the whipped cream from the refrigerator and add the egg mixture in it.
- Add the cherries, the lemon zest, and the pistachios. Mix carefully and transfer the mixture to the loaf tin.
- Cover the dessert’s surface with the overhanging plastic wrap and freeze the semifreddo for 4-6 hours, until it thickens.
- Pull the plastic wrap from the sides and remove the semifreddo from the loaf tin.
- Cut into pieces and serve with extra cherries and pistachios.