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CHERRY SEMIFREDDO

Christy's Cherry Semifreddo is a gorgeous no-churn Italian ice cream with a dreamy creamy mousse-like texture. It's a combination of three easy elements:

1. Pâté à bombe: a fluffy mixture of egg yolks and sugar
2. Swiss meringue: a cooked mixture of egg whites and sugar
3. Chantilly cream: whipped cream with vanilla



We fold these three elements together with soused cherries, then set it as an amazing frozen dessert. The presentation is up to you: freeze it in a container and cut it into slices, set it in moulds or make a Soufflé Glacé (frozen soufflé). The extension of this recipe is Choc Top: check that out too.

Serves: 6-8 for dessert



INGREDIENTS

Pâté à Bombe

120 grams egg yolks (from approx. 6 eggs)
120 grams sugar

Swiss Meringue

60 grams egg whites (from approx. 2 eggs)
80 grams sugar

Chantilly Cream

600 grams thickened cream
1 vanilla pod (Christy prefers Madagascan vanilla)
Griottine cherries (whole cherries soaked in Cognac; Amaretto would do fine as well, see Tips)

Garnish

good quality dark chocolate

Time: 20 minutes + freezing time



METHOD

Pâté à Bombe

1. **Insert butterfly whisk.** Place yolks and sugar into mixing bowl. Mix 3 min/75°C/speed 4 (80°C in TM31) or until pale and fluffy. **Remove butterfly whisk** and transfer mixture to a large bowl and set aside. Clean and dry mixing bowl and butterfly whisk thoroughly.

Swiss Meringue

2. Place egg whites and sugar into mixing bowl. **Insert butterfly whisk** and mix 3 min/75°C/speed 3 (80°C in TM31), or until fluffy. **Remove butterfly whisk.** Fold half of the Swiss Meringue into the Pâté à Bombe, stirring to combine well before folding in the second half of the mixture. Set aside. Clean and dry mixing bowl and butterfly whisk.

Chantilly Cream

3. **Insert butterfly whisk.** Flatten vanilla bean by running the back of a knife along it before slicing lengthwise in half. Place cream into mixing bowl. Again, using the back of a knife, scrape both vanilla bean halves and add seeds to mixing bowl. Retain scraped vanilla bean for other uses (see Tips). Mix on **speed 3** (approx. 1-2 minutes) until cream has reached a shaving mousse consistency rather than stiff peaks. Fold half of the



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Chantilly Cream into the Paté à Bombe and Swiss Meringue mixture, stirring to combine well before folding in the second half. The mixture will now resemble a white, fluffy mousse and can be used as such at this point, if desired.

4. Sprinkle cherries into mousse (reserving some for garnish), and some of the cognac liquid too, adjusting the amount to your preference. Gently fold through to lightly combine.

5. Pour mixture into ramekins, a terrine or moulds of your choice:
If using shallow moulds, Christy recommends placing 4-5 cherries into each ring before piping in the mixture. Tidy up by scraping off excess mixture from the moulds with a palette knife, so that the surface is level. Place moulds into freezer.

To turn it into Soufflé Glacé (frozen soufflé), pour mixture into ramekins until $\frac{3}{4}$ full. Spoon in more cherries to taste. Cut baking paper strips wide enough to line the exposed upper $\frac{1}{4}$ of ramekins plus a few extra cm to extend above the rim. Pour in more mixture until it sits over the rim of the ramekins, supported by the baking paper, so it resembles a soufflé. Place ramekins into freezer.

6. When ready to serve, remove moulds or ramekins from freezer. If baking paper has been used, remove it before serving.

Garnish with shaved dark chocolate, place a few cherries on top and serve immediately.

Tips

- If your egg whites refuse to fluff, Christy suggests introducing some acid by either adding a pinch of Cream of Tartar, a pinch of citric acid or even a dash of lime juice.
- If you don't have a piping bag, spoon mixture into a plastic bag and snip one corner to make your own.
- Griottine cherries are available in jars; you can use any preserved cherries or other fruits in this recipe.

Christy has great suggestions for used vanilla beans:

- Place beans in a jar with vodka to create your own vanilla essence.
- Dehydrate scraped vanilla beans in a low oven or dehydrator before blitzing in the Thermomix **3 sec/speed 8** to create your own vanilla bean powder.

Variation

The mixture can be eaten as a mousse as well: just spoon it into little cups and set it in the refrigerator rather than the freezer.

The extension of this recipe is Choc Top: check that out too.