Halva Pistachio Semifreddo on Chocolate Base

Recipe By Temi Philip

Cooking and Prep: 4 h 25 m
Serves: 15
Contains: 

Preference: Parve
Difficulty: Medium
Occasion: Sukkot
Diet: Vegetarian, Pescetarian
Source: Family Table by Mishpacha Magazine

A semifreddo (literally half-cold in Italian) is a soft ice cream made with whipped cream or custard. Semifreddos are popular in Italy – try this and you’ll discover why.

Ingredients (11)

Ice Cream

- 1 (17-oz./500-ml.) container whipping cream (parve or dairy)
- 1 teaspoon Gefen Vanilla Extract
- 4 eggs, separated
- 2 tablespoons plus 1/4 cup sugar, divided
- 1 cup pistachios, roasted and ground
5 ounces (150 grams) halvah, crumbled
a few drops of green food coloring (optional)

Base

7 ounces (200 grams) Elite Chocolate
3/4 cup whipping cream (parve or dairy), not whipped
7 ounces (200 grams) halvah, grated
3/4 cup cookie crumbs

Start Cooking
Prepare the Ice Cream

1. Beat the whipping cream with the vanilla extract.
2. In a separate bowl, beat the egg yolks with two tablespoons sugar until they are light and fluffy.
3. In a third bowl, whip the egg whites with a quarter cup sugar until stiff.
4. Mix the egg yolks with the whipped cream and fold the mixture into the stiff egg whites.
5. Add the pistachios, crumbled halvah, and a few drops of food coloring for a pale green color. Pour the mixture into three loaf pans and freeze for two hours.

Note:
You can freeze the custard in silicon molds (not complicated ones) so that each serving slips out ready to serve.

Variation:
You can use the same method to prepare nougat hazelnut semifreddo. Replace the halvah with nougat powder and the pistachio with hazelnuts.

Prepare the Base

1. Melt the chocolate, whipping cream, and halvah over a low flame until you have a smooth mixture.
2. Remove from the fire, mix with the cookie crumbs, and cool slightly.
Pour the mixture over the frozen custard and freeze for an additional two hours.

To Serve

1. To serve, remove the semifreddo from the pans and cut into slices.
2. Place onto the plates with the chocolate layer on bottom.
3. Garnish with chocolate curls and pistachios.

Credits

Photography: Daniel Lailah
Styling: Amit Farber