

Nougat Semifreddo

Recipe By *Estee Kafra*



Cooking and Prep:  30
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Serves:  12

Contains: 

Preference: Parve

Difficulty: Medium

Occasion: Shabbat,
Passover, Rosh Hashanah

Diet: Vegetarian, Gluten Free

Source: Family Table by
Mishpacha Magazine

Cuisines: Italian

Semifreddo is Italian for “half-cold.” It has traditionally been achieved by mixing cream with a meringue made from egg whites. The taste and texture of semifreddo has been compared to mousse, and it melts in the mouth quicker than ice cream. You can play around with the fruit or nuts you want to add. Have fun!

Ingredients (8)

Main ingredients

- 2 egg whites or 1/3 cup **Haddar Egg Whites**
- 1/3 cup **Gefen Honey**
- 1/2 cup sugar
- 1/4 cup water

- 1 and 1/2 cups non-dairy creamer
 - 1/2 teaspoon **Gefen Almond Extract**
 - 2 ounces (55 grams) 72% chocolate, cut into pieces
 - 1/2 cup crushed, toasted nuts, such as hazelnuts, almonds, or pistachios
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Start Cooking

Prepare Dessert

1. Beat egg whites until soft peaks form.
2. Combine honey, sugar, and water in a small but heavy-bottomed saucepan.
3. Stir over low heat until sugar dissolves and syrup is clear.
4. Raise heat and bring syrup to a boil. Boil without stirring for two minutes. Remove from heat.
5. Slowly and carefully beat the hot syrup into the egg whites, pouring in a thin stream. Continue beating until the meringue has cooled, about five minutes.
6. In a separate bowl, beat the cream with the almond extract until it reaches the consistency of sour cream.
7. Fold the cream and almonds into the meringue. Gently fold in remaining ingredients.
8. Place in a freezerproof container and then cover and freeze overnight.

Variation:

For a dairy version, use heavy cream instead of non-dairy creamer.

You can also use 3/4 cup pomegranate arils instead of the dried cherries.

Credits

Photography: Daniel Lailah

Styling: Amit Farber