

# Semifreddo with nougat and pine nuts

## Preparation

20 minutes

## Freezing

4 hrs.

## Difficulty

\*\*Easy

## Ingredients

- ✓ *Semifreddo (for 4 – 6 servings):*
  - 50g powdered sugar
  - 4 large separated eggs
  - 500ml double cream
  - 200g Vital almond nougat, bashed up
  - 100g quality dark chocolate, bashed up
- ✓ *Pine nut brittle:*
  - 150g pine nuts
  - 90g sugar

## Method

- ✓ Put a large shallow-ish ceramic dish (approx. 2 litres capacity) into the freezer to chill.
  - ✓ First of all, dry-roast the pine nuts and set aside. Boil the sugar in a pot with 3 tbsp water, and allow to caramelize. Add the pine nuts and pour onto a lightly oiled baking tray. Leave to cool and then break into small pieces. Grind roughly with an electric blender.
  - ✓ To make the semifreddo you'll need 3 large bowls. Whisk the sugar and egg yolks in the largest bowl, until pale, creamy and almost doubles in size. This will take a few minutes but don't be tempted to cheat; this is what will make your semifreddo lovely and light.
  - ✓ In a second bowl, whip up the cream until you get soft peaks. Don't overwhip though – it's better loose than thick.
  - ✓ Whisk the egg whites with a pinch of salt in your third bowl until you get very firm stiff peaks.
  - ✓ Add the cream and egg whites to the sugar and egg yolks. Add the nougat and chocolate, then gently fold into the creamy mixture. Working quickly, scoop your semifreddo into your pre-frozen ceramic dish, and return it to the freezer as soon as you can. It will take at least 4 hours to freeze until firm. Stir occasionally. After 2 hours, stir most of the brittle into the semifreddo, reserving a handful for serving.
  - ✓ Take the semifreddo out of the freezer and pop it into the fridge for about 20 minutes before you serve it, so it goes from being hard to being lovely and scoopable.
  - ✓ Serve in little bowls with the nuts sprinkled over.
- Enjoy!**

