



30mins Prep
At least 5hrs Freeze



Caboodle**Food**

Recipe

Nectarine and Raspberry Semi Freddo with Raspberry Coulis



The Italian name semi freddo refers to the fact that this is a semi frozen or half cold dessert. The fruit can be replaced with any soft fruit such as peaches, mango or apricot and the cream can be replaced with yogurt or creme fraiche.

Savvy Tip:

If you need to use egg yolks without the whites of the egg as like in this recipe, make a meringue at the same time! It goes beautifully with this dish.



Ingredients:

- 4 good sized very ripe nectarines
- 50g caster sugar
- 1 egg
- 3 egg yolks
- 15ml lemon or lime juice
- 300 ml double cream
- Raspberry Coulis
- Small tin of raspberries
- Tablespoon of caster sugar



Equipment:

- Food processor and large sieve
- 2lb loaf tin (this will comfortably hold 1litre of water if you're unsure of sizing)



Method:

Line the loaf tin with baking parchment. Don't worry about wrinkles it adds character to the finished dish! Leave 5cm overhang on each side. This helps to release the Freddo when serving.

Drain the raspberry juice from the can into a small pan. Heat juice with the sugar until slightly thickened. Taste raspberry juice and add more sugar if it's a little too sharp in taste.

Sieve raspberries discard the seeds from the sieve. Stone nectarines, no need to skin, blitz in processor. Mix raspberries and nectarines.

Whisk egg and egg yolks together with the caster sugar in a bowl over hot water until at least double in size and thick and creamy. Gently beat the cream until thickened, but not stiff, and fold into egg mixture.

Finally, add nectarine and raspberry purée. Pour the mixture into the lined loaf tin.

Pop into freezer and leave for 5 hours.

Remove from the freezer, pull gently on baking parchment. Run water over the bottom of the tin if it's being obstinate and sticking.

Place freddo loaf onto serving dish, pour over some raspberry coulis and serve the rest in a small jug.

