



Raspberry Semifreddo (Frozen Mousse)

Don't let the Italian name intimidate you—semifreddo (frozen mousse) is essentially ice cream with no need for a special machine. You do need to make four “building blocks” (whipped cream, puréed fruit, whipped egg yolks, and sugar syrup), but all are straightforward. From there, just fold it all together, stick it in the freezer, and come back to a rich, velvety, raspberry-sweet-tart treat.

INGREDIENTS

2 cups	heavy cream
2 cups	raspberries, frozen
12	egg yolks (save the white for angel food cake)
¾ cup	sugar
3 Tablespoons	water

DIRECTIONS

1. Add heavy cream to a chilled mixing bowl.
2. Use an electric mixer or stand mixer fitted with the whisk, or a handheld whisk to whip the cream until it forms soft peaks. Refrigerate.
3. Add frozen raspberries (defrosted) into a blender container and blend to a purée that is completely smooth; you should have about 1 cup, but if you don't, purée a little more fruit or add a splash of water or milk to get 1 full cup. Refrigerate.
4. Prepare a mold for your semifreddo—this is whatever shape you'll be freezing it in. For one large semifreddo, line a 9x5-inch loaf pan or similarly sized dish with plastic wrap, leaving a couple inches of overhang on each side; for individual, popsicle-style semifreddo, use a bunch of small Dixie cups (no plastic wrap needed). Set aside.
5. In a mixing bowl add egg yolks.
6. Using whatever method you used for the whipped cream, vigorously whip the egg yolks to “ribbon stage.”* Set aside.
7. Place sugar and water into a small saucepan over medium high heat. If you have a candy thermometer, clip it to the side of the pan; if not, just set a cold glass of water off to the side—we'll come back to it in a bit.
8. Cook the syrup, resisting the urge to stir constantly, until it hits between 250-258° F on the thermometer; it should still be clear, but will be quite a bit thicker. If you don't have a thermometer, carefully drop a small amount of the syrup into a glass of cold water. You're looking for it to form a ball that holds its shape but isn't brittle.
9. Remove syrup from heat.
10. With the mixer on medium speed, slowly stream the syrup into the egg yolks, whipping vigorously to incorporate. When all of the syrup is added, continue whipping just until the bowl is cool to the touch.
11. Fold the raspberry purée and then the whipped cream into the yolk mixture. Mix until well incorporated.
12. Scrape mixture into your prepared pan or cups.
13. Freeze until firm (if making popsicles, add the popsicle sticks when the mix is semi-frozen, so they stand upright) and serve chilled.

YIELD: *mix can fill 2 (9x5") loaf pans approximately 3 quarts (12 cups) total*

Servings: 24 ½ cup servings

NUTRITION: *130 calories; 10g fat; 5g saturated fat; 0g trans fat; 115mg cholesterol; 10mg sodium; 9g carbohydrates; 1g fiber; 8g sugar; 2g protein*

*This is pastry chef lingo for the very smooth, thick, and pale-yellow stage where, when you lift your whisk or spoon from the mixture, a "ribbon" of yolks will stream off of it, as opposed to a drip.