CUCINA ITALIANA COOKING SCHOOL



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SEMIFREDDO AL CAFFE

Ingredients

- 1/2 litre of thicken cream
- 4 eggs
- 200g of caster sugar
- 2 tbsp of granulate coffee like nescafe
- 60ml of strong coffee (like espresso)
- Canola oil and a semifreddo tin 30cm, cling film

Instructions:

Make sure you have space in your freezer before you start the recipe.

- First prepare the semifreddo tin by brushing some canola oil directed on the tin and cover with cling film.
- Beat the yolk with the sugar for about 6 minutes until it reaches a very white creamy consistency. This is what makes dessert nice and light.
- Add the granulated coffee to the espresso coffee and stir dissolving it.
- Add now the espresso to the egg mixture.
- Beat it with the mixer for 3 minutes or until the coffee is all amalgamated.
- Beat the cream but careful not overbeating at will turn into butter.
- Beat the egg whites in a separate bowl. Make sure your bowl and beater is dry and there is no trace of egg yolk near the egg white.
- Add the cream to the coffee mixture and finally fold the egg white into the mixture. Or if you have a larger mixer you can add the cream and the whites beating together through it for a few seconds without really "allowing the mixer to turn fast " and break the egg whites.
- Once nicely amalgamated, place it on the semifreddo freezer proof mould and leave it in the freezer over night.

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Notes: