

## Semifreddo

Semifreddo (Italian for “semi-frozen”) is a wonderful alternative to ice cream. It is quite rich. To complement it perfectly, serve it with some fresh fruit – raspberries, strawberries, blueberries, cherries – whatever’s in season. In Italy, they often serve it with caramel or toffee, and even a fruit coulis sometimes.

1 vanilla bean  
¼ cup sugar  
4 large fresh eggs, separated  
2 cups plus 2 tablespoons whipping cream  
Salt

Remove the seeds from the vanilla bean by scoring down the length and scraping the seeds out of each half. (Don’t throw the empty pod away; pop it in with some sugar to make vanilla sugar.) Whisk the vanilla seeds and sugar with the egg yolks in a large bowl until pale. In a second bowl, whisk the cream until soft peaks form. (Don’t overwhip the cream!) Then, in a third bowl, whisk or beat the egg whites with an electric mixer with a pinch of salt until they form very firm peaks (this is when you can pull the egg whites in any direction and they will stay). At this point, add the flavouring you have chosen (e.g. Skor bars, Maltesers, praline, etc.), the cream and the egg whites. Gently fold everything in. Immediately scoop the contents into your chosen container. Cover with plastic wrap and freeze until you’re ready to eat it.

Serves 12

[From Jamie Oliver’s *The Naked Chef*]