

Craft: Recipe

Walnut and Honey Semi Frio

By Andrew Lewis

➔ If you are looking for a dish that will impress your guests and leave them wanting more, you will be hard pressed to find something better than a semi-frio. The semi-frio (also called a semi-cold, half-cold, semi-froid, or semi-freddo) is a gloriously indulgent chilled dessert that is served -as you have probably guessed- in a semi-frozen state.



Ingredients

4 egg yolks

½ cup of sugar

1 tbsp of honey

1 tsp of vanilla extract

1 pint of double cream

Approx. ¼ cup of chopped walnuts

Walnut pieces, berries, or fruits

Directions

Step 1: Whip the cream until it forms firm peaks.

Step 2: Put the egg yolks, sugar, and vanilla into a double boiler. If you don't have a double boiler (I don't), improvise one with a pyrex bowl and saucepan of simmering water.

Step 3: Keep whisking the egg mixture in the double boiler. Don't allow the water in the saucepan to boil, and don't stop whisking.

Step 4: Keep stirring the mixture on a low heat for 10 - 15 minutes. The bowl can be removed from the heat once the custard mixture is thick enough to coat the back of a spoon.

Step 5: Add the honey to the custard and cool the mixture by resting the bowl in cold water while stirring.

Step 6: Line a mold with plastic wrap, and sprinkle ¾ of the the chopped walnuts into the bottom. Sprinkle the remaining ¼ into the whipped cream. I use a bread pan, since it gives a nice, even shape for slicing.

Step 7: Fold the custard mixture into the whipped cream, being careful not to knock too much air out of the cream.

Step 8: Pour the mixture into the mold, and place it into a freezer for at least four hours.

Step 9: Remove from the freezer and turn the semi-frio out onto a large plate. Remember to remove the plastic wrap.

Step 10: Leave the semi-frio to thaw for about half an hour before serving. Garnish by drizzling with honey, and arrange the walnut pieces as you see fit. I like to add some summer berries and fresh mint around the bottom of the dish for decoration.