



Pistachio & Praline Semi Freddo

The Hilton

A frozen dessert: keeps for 1 week in the freezer

Serves 10 approx

Ingredients

Semi freddo:

300g Cream

180g Egg Whites

100g Caster Sugar

1 Vanilla Pod

Juice from ½ Lemon

Pistachio praline:

200g Sugar

50ml Water

200g chopped raw Pistachio Nuts

Method

Start by whipping the cream to stiff peaks with 50g of sugar, the seeds from the vanilla pod and juice from half a lemon.

In a separate bowl whip the egg whites to stiff peaks, adding the remaining sugar once the egg whites have reached soft peaks.

Once both mixtures are at stiff peaks fold the egg whites into the cream and set aside.

For the praline, place the sugar and water in a pot and bring to the boil, simmer until the sugar starts to colour then take off the heat and add the nuts. Pour onto a silicon mat or baking paper and allow to cool.

Once cool, crush up the praline and fold into the cream and egg white mixture.

Now pour into a greased lined mould and freeze over night.

Take out of the freezer and place into the fridge for about 30mins before serving.