



Almond Nougat Semifreddo with Bittersweet Chocolate Sauce (Semifreddo al Torrone)

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



261 kcal

SIDE DISH

Ingredients

- ☐ 0.3 pound bittersweet chocolate coarsely chopped
- ☐ 1.5 oz bittersweet chocolate finely chopped
- ☐ 2 tablespoons almond-flavored liqueur such as amaretto
- ☐ 3 large eggs separated (see Notes)
- ☐ 12 servings ice cubes
- ☐ 0.8 cup milk hot (125°)
- ☐ 0.5 cup sugar

- ☐ 1.8 cups whipping cream divided
- ☐ 7 oz torrone classico italian divided crushed finely chopped (almond nougat; see Notes)
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Equipment

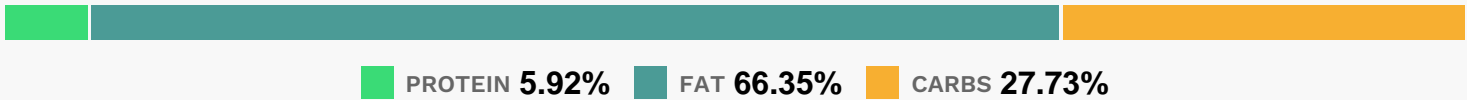
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ loaf pan
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ stove
- ☐ spatula

Directions

- ☐ Set a bowl of ice water near the stove.
- ☐ Put the egg yolks and sugar in a bowl. With a whisk or electric mixer, beat until thick and pale yellow, 1 to 2 minutes. Slowly add the hot milk.
- ☐ Pour the mixture into a 1- to 2-qt. saucepan and cook over medium heat, stirring constantly, until it's thick enough to coat a metal spoon and reaches about 165 on an instant-read thermometer, 4 to 5 minutes. Do not let custard boil or it will curdle.
- ☐ Remove from heat and set in bowl of ice water; stir often until cold. Stir in 1 cup nougat and the liqueur.
- ☐ Line a 5- by 9-in. loaf pan with a single sheet of plastic wrap, leaving overhang on all sides.
- ☐ Sprinkle the bottom first with remaining 1 cup nougat, then the 1/4 cup chocolate, spreading them evenly.
- ☐ In a bowl with clean beaters or a whisk, whip egg whites to stiff peaks. In a separate bowl, whip 1 1/4 cups cream to firm peaks.

- ☐ Pour custard over egg whites and fold in gently. Fold in whipped cream until no white streaks remain.
- ☐ Pour the custard mixture into the loaf pan. Cover with overhanging plastic wrap. Freeze semifreddo until firm, at least 6 hours or up to 1 week.
- ☐ For the chocolate sauce: In a small saucepan, bring remaining 1/2 cup cream to a simmer.
- ☐ Put the 1/4 lb. chocolate in a bowl and pour hot cream over it.
- ☐ Let stand until chocolate is softened, about 3 minutes, then whisk until smooth.
- ☐ Remove plastic wrap covering loaf pan. Put a platter upside down over pan. Invert and remove pan and plastic wrap. If you want to remove wrinkle marks, smooth them over using a spatula.
- ☐ Cut the semifreddo into 1/2-in. slices and place on dessert plates. Spoon chocolate sauce over and around it.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:9.01, Glycemic Load:6.09, Inflammation Score:-4, Nutrition Score:5.0743477759154%

Nutrients (% of daily need)

Calories: 260.92kcal (13.05%), Fat: 19.22g (29.57%), Saturated Fat: 11.52g (72.02%), Carbohydrates: 18.07g (6.02%), Net Carbohydrates: 17.03g (6.19%), Sugar: 16.05g (17.83%), Cholesterol: 88.33mg (29.44%), Sodium: 37.3mg (1.62%), Alcohol: 0.54g (100%), Alcohol %: 0.48% (100%), Caffeine: 11.17mg (3.72%), Protein: 3.86g (7.72%), Vitamin A: 608.91IU (12.18%), Phosphorus: 94.07mg (9.41%), Copper: 0.18mg (9.23%), Selenium: 6.31µg (9.01%), Vitamin B2: 0.15mg (8.9%), Manganese: 0.18mg (8.85%), Magnesium: 29.19mg (7.3%), Vitamin D: 0.97µg (6.49%), Iron: 1.08mg (5.99%), Calcium: 58.48mg (5.85%), Vitamin B12: 0.27µg (4.54%), Zinc: 0.66mg (4.39%), Potassium: 146.94mg (4.2%), Fiber: 1.04g (4.16%), Vitamin B5: 0.38mg (3.76%), Vitamin E: 0.53mg (3.57%), Vitamin B6: 0.05mg (2.36%), Vitamin K: 2.13µg (2.03%), Folate: 7.26µg (1.82%), Vitamin B1: 0.02mg (1.64%)