



Milk Chocolate Semifreddo with Star Anise Carrot Cake

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

DESSERT

Ingredients

- ☐ 0.1 teaspoon double-acting baking powder
- ☐ 0.5 teaspoon baking soda
- ☐ 2 cups carrot juice fresh
- ☐ 2 cups carrots shredded with greens reserved (for garnish, optional)
- ☐ 1 pinch coarse salt
- ☐ 2 tablespoons cornstarch
- ☐ 2 egg whites
- ☐ 2 large eggs

- ☐ 1 cup cup heavy whipping cream
- ☐ 8 ounces chocolate chopped
- ☐ 2 tablespoons olive oil
- ☐ 1.5 teaspoons star anise
- ☐ 1 tablespoon sugar
- ☐ 0.8 cup flour whole-wheat

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ladle
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ loaf pan
- ☐ baking pan
- ☐ hand mixer
- ☐ microwave

Directions

- ☐ Make the semifreddo
- ☐ Put the chocolate in a heatproof glass bowl and melt slowly in the microwave. Alternatively, you can set the bowl over a pan of simmering water (don't let the bowl touch the water) and stir until the chocolate is completely melted and just warm. Set aside.
- ☐ Using a handheld electric mixer, whip the cream in a medium bowl until it forms soft peaks; set aside.
- ☐ Combine the egg whites and sugar in a heat-proof bowl and place over a pan of simmering water.
- ☐ Whisk continually until the whites are just hot, about 2 minutes.

- ☐ Remove from the heat and transfer to a large bowl. Beat the egg white-sugar mixture with a handheld electric mixer until stiff peaks form and the egg whites are shiny and glossy, 3 to 5 minutes.
- ☐ Fold the cream into the melted chocolate, then carefully fold the meringue into the chocolate mixture.
- ☐ Pour the chocolate mixture into a 9 x 13-inch pan and put in the freezer until firm, at least 3 hours or overnight until frozen.
- ☐ Make the cake
- ☐ Heat the oven to 350°F.
- ☐ Combine the eggs, oil, sugar, salt, flour, star anise, baking powder, and baking soda in a large bowl.
- ☐ Mix until just incorporated; add the carrots.
- ☐ Line an 8 X 4-inch (or 4-cup) loaf pan with parchment or use a nonstick baking pan.
- ☐ Pour the cake batter into the pan and bake for 45 minutes, or until the center springs back when lightly touched.
- ☐ When cool enough to handle, unmold onto a baking rack (run a small knife around the edges if necessary to release the cake from the pan) and let cool.
- ☐ Cut into 2-inch slices then cut each slice in half and set aside.
- ☐ Make the soup
- ☐ In a small saucepan, heat the carrot juice over medium heat, then add the cornstarch, and whisk until the carrot juice mixture thickens, about 2 minutes.
- ☐ Remove from the heat. Chill for 1 hour or until cold. Season with sugar and salt to taste.
- ☐ To serve
- ☐ Ladle a small amount of carrot soup in a shallow bowl.
- ☐ Place 5 to 8 carrot cake pieces on top of the carrot soup.
- ☐ Place 3 to 4 small scoops of the chocolate semifreddo on top the carrot cake.
- ☐ Garnish with carrot greens, if desired.
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- ☐ Heat: Cooking with America's Chefs, Farmers, and Artisans by Darryl Estrine and Kelly Kochendorfer, © 2010 The Taunton Press.

Nutrition Facts



 **PROTEIN 6.64%**  **FAT 56.05%**  **CARBS 37.31%**

Properties

Glycemic Index:37.44, Glycemic Load:10.88, Inflammation Score:-10, Nutrition Score:16.01434777094%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 389.15kcal (19.46%), Fat: 25.74g (39.6%), Saturated Fat: 13.49g (84.31%), Carbohydrates: 38.56g (12.85%), Net Carbohydrates: 34.27g (12.46%), Sugar: 20.93g (23.25%), Cholesterol: 80.12mg (26.71%), Sodium: 184.3mg (8.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 18.71mg (6.24%), Protein: 6.86g (13.71%), Vitamin A: 17137.83IU (342.76%), Manganese: 0.75mg (37.37%), Selenium: 14.47µg (20.68%), Vitamin K: 18.47µg (17.59%), Fiber: 4.29g (17.14%), Vitamin B2: 0.29mg (16.86%), Phosphorus: 166.7mg (16.67%), Magnesium: 65.63mg (16.41%), Copper: 0.27mg (13.7%), Vitamin B6: 0.27mg (13.41%), Potassium: 469.12mg (13.4%), Vitamin E: 1.96mg (13.05%), Iron: 2.19mg (12.18%), Vitamin B1: 0.15mg (10.13%), Vitamin C: 7.28mg (8.82%), Zinc: 1.19mg (7.91%), Calcium: 72.33mg (7.23%), Vitamin B3: 1.35mg (6.77%), Vitamin B5: 0.6mg (5.99%), Folate: 21.7µg (5.42%), Vitamin D: 0.73µg (4.84%), Vitamin B12: 0.17µg (2.76%)