



Peach Praline Semifreddo with Amaretti

READY IN



300 min.

SERVINGS



8

CALORIES



473 kcal

DESSERT

Ingredients

- 0.4 teaspoon almond extract pure
- 0.3 cup almonds with skin coarsely chopped
- 7 ounce amaretti cookies
- 6 large egg yolk
- 1 cup heavy whipping cream
- 2.3 pound peaches
- 1 cup sugar
- 0.5 stick butter unsalted melted

Equipment

- food processor
- bowl
- frying pan
- sauce pan
- oven
- sieve
- blender
- plastic wrap
- baking pan
- kitchen thermometer
- springform pan
- slotted spoon

Directions

- Preheat oven to 350°F with rack in middle. Invert bottom of springform pan (to make it easier to slide semifreddo off bottom), then lock on side and oil pan.
- Stir together ground amaretti and melted butter in a bowl until combined well, then press evenly over bottom and up side of springform pan.
- Bake until crust is firm and a shade darker, about 10 minutes. Cool completely in pan on a rack, 20 to 30 minutes. Leave oven on.
- Spread nuts in a shallow baking pan and toast in oven, stirring once or twice, until fragrant and golden, about 10 minutes.
- Transfer nuts to a bowl. Lightly oil same baking pan.
- Cook sugar in a heavy medium skillet over medium heat, stirring with a fork to heat sugar evenly, until it starts to melt, then stop stirring and cook, swirling skillet occasionally so sugar melts evenly, until it is a dark amber.
- Immediately stir in nuts, then pour mixture into oiled baking pan and let stand to harden and cool completely, about 15 minutes.

- Break praline into pieces, then pulse in cleaned food processor until finely chopped.
- Pit and coarsely chop peaches, with skins if desired, then purée in cleaned food processor with crushed vitamin C, 1/2 cup sugar, and 1/8 teaspoon salt. Force thorough a medium-mesh sieve set over a large metal bowl, pressing on and then discarding solids.
- Stir in egg yolks, then place bowl over a saucepan of barely simmering water and beat with mixer until mixture is thick and pale and registers 140°F on an instant-read thermometer, then beat 3 minutes more (do not let boil).
- Remove bowl from saucepan and set in a larger bowl of ice and cold water.
- Add almond extract and beat until cold, about 6 minutes.
- Beat cream with remaining 2 tablespoons sugar in another bowl using cleaned beaters until it just holds soft peaks.
- Fold one third of cream into peach mixture, then fold in praline and remaining cream gently but thoroughly.
- Pour mixture into cooled crust and freeze, covered with plastic wrap, until firm, at least 3 hours.
- Let stand in refrigerator 30 minutes to 1 hour before serving.
- Cut an X in bottom of each peach, then blanch in a medium saucepan of boiling water 10 seconds.
- Transfer with a slotted spoon to a bowl of ice and cold water to stop cooking. Peel peaches and cut into 1/2-inch wedges.
- Toss peaches with crushed vitamin C and sugar and let stand, stirring occasionally, until sugar is dissolved, about 10 minutes.
- Spoon peaches over semifreddo with a slotted spoon just before serving.
- Vitamin C (ascorbic acid) is available in powdered form at pharmacies and natural foods stores (for 500 mg, use 1/4 teaspoon). It will prevent the peaches from turning brown. · Semifreddo, without peach topping, can be frozen up to 2 days.

Nutrition Facts

  

 PROTEIN **6.22%**  FAT **43.56%**  CARBS **50.22%**

Properties

Glycemic Index:15.04, Glycemic Load:21.91, Inflammation Score:-6, Nutrition Score:8.7269565333491%

Flavonoids

Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg, Cyanidin: 2.56mg Catechin: 6.33mg, Catechin: 6.33mg, Catechin: 6.33mg, Catechin: 6.33mg Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg, Epigallocatechin: 1.44mg Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg, Epicatechin: 3.01mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg, Isorhamnetin: 0.12mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg, Quercetin: 0.86mg

Nutrients (% of daily need)

Calories: 473.27kcal (23.66%), Fat: 23.8g (36.62%), Saturated Fat: 12.04g (75.27%), Carbohydrates: 61.76g (20.59%), Net Carbohydrates: 58.42g (21.24%), Sugar: 55.03g (61.15%), Cholesterol: 186.5mg (62.17%), Sodium: 101.28mg (4.4%), Alcohol: 0.06g (100%), Alcohol %: 0.04% (100%), Protein: 7.64g (15.29%), Vitamin A: 1213.6IU (24.27%), Vitamin E: 2.84mg (18.95%), Selenium: 11.12µg (15.88%), Fiber: 3.34g (13.36%), Vitamin B2: 0.22mg (13%), Phosphorus: 118.25mg (11.82%), Manganese: 0.19mg (9.45%), Vitamin D: 1.27µg (8.47%), Copper: 0.16mg (8.08%), Folate: 29.64µg (7.41%), Iron: 1.3mg (7.24%), Vitamin B5: 0.68mg (6.81%), Potassium: 233.03mg (6.66%), Vitamin C: 5.41mg (6.56%), Magnesium: 25.16mg (6.29%), Vitamin B3: 1.22mg (6.08%), Calcium: 55.17mg (5.52%), Zinc: 0.81mg (5.38%), Vitamin B12: 0.31µg (5.14%), Vitamin K: 5.36µg (5.11%), Vitamin B6: 0.09mg (4.67%), Vitamin B1: 0.07mg (4.57%)