



Peach Praline Semifreddo with Amaretti

READY IN



300 min.

SERVINGS



8

CALORIES



371 kcal

DESSERT

Ingredients

- ☐ 0.4 teaspoon almond extract pure
- ☐ 0.3 cup almonds with skin coarsely chopped
- ☐ 7 ounce amaretti italian finely (almond macaroons; 16 paper-wrapped packets) ()
- ☐ 6 large egg yolks
- ☐ 1 cup heavy cream
- ☐ 1 pound firm-ripe peaches
- ☐ 0.3 cup sugar to taste
- ☐ 0.5 stick butter unsalted melted
- ☐ 1 C vitamin c tablet with back of a spoon crushed (500-mg) (ascorbic acid)

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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 7.3%**  **FAT 55.25%**  **CARBS 37.45%**

Properties

Glycemic Index:15.04, Glycemic Load:6.37, Inflammation Score:-5, Nutrition Score:6.9021739026775%

Flavonoids

Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg, Cyanidin: 1.2mg Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg, Catechin: 2.85mg Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg, Epigallocatechin: 0.71mg Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg, Epicatechin: 1.35mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg 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: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 371.32kcal (18.57%), Fat: 23.55g (36.23%), Saturated Fat: 12.03g (75.19%), Carbohydrates: 35.93g (11.98%), Net Carbohydrates: 33.65g (12.24%), Sugar: 30.37g (33.75%), Cholesterol: 186.5mg (62.17%), Sodium: 91.88mg (3.99%), Alcohol: 0.06g (100%), Alcohol %: 0.06% (100%), Protein: 7g (14%), Vitamin A: 982.56IU (19.65%), Vitamin E: 2.32mg (15.5%), Selenium: 9.51µg (13.59%), Vitamin B2: 0.2mg (11.5%), Phosphorus: 102.65mg (10.27%), Fiber: 2.28g (9.11%), Vitamin D: 1.27µg (8.47%), Manganese: 0.14mg (7.25%), Folate: 25.39µg (6.35%), Iron: 1.05mg (5.85%), Vitamin B5: 0.57mg (5.73%), Copper: 0.1mg (5.25%), Calcium: 52.15mg (5.21%), Vitamin B12: 0.31µg (5.14%), Magnesium: 19.49mg (4.87%), Zinc: 0.64mg (4.28%), Potassium: 146.19mg (4.18%), Vitamin B6: 0.08mg (3.78%), Vitamin B1: 0.05mg (3.44%), Vitamin B3: 0.64mg (3.22%), Vitamin K: 3.24µg (3.08%), Vitamin C: 2.5mg (3.03%)