

Raspberry and pistachio semifreddo



 30 min.  220 kcal  SteviaSweet Crystal

Preparation

Mix the egg yolks and 100 ml cream in a bowl. Place the bowl on a pot with boiling water. The water can simmer slightly but it must not touch the bottom of the bowl to prevent the foam burning to the bottom of the bowl. Lightly whisk the mixture over the water until it has doubled in volume. Then take the bowl off the pot of water and fold the **SteviaSweet Crystal** into the foam. Allow the foam to cool to room temperature.

Lightly whip the rest of the cream into a velvety mass. Finely chop the pistachio kernels. Add the whipped cream, pistachios and raspberries to the egg foam and fold in evenly. Pour the mixture into a form lined with cling film, cover with cling film and place in the freezer on an even surface. Freeze for around 5 hours or overnight.

Before serving, remove the form from the freezer and leave to stand at room temperature for around 20 minutes. Serve the semifreddo in serving bowls and garnish with raspberries and chopped pistachios.

Ingredients for 10 servings

4	egg yolks
500 ml	cream (38%)
100 g	SteviaSweet Crystal
200 g	raspberries (fresh or frozen)
50 g	peeled pistachio kernels

Serve with

raspberries and pistachios

Nutritional information per portion

220	kcal
924	kJ
4	g Protein
4	g Carbohydrates
22.5	g Fat