



# XMAS FRUIT SEMIFREDDO

## ALLERGIES:

No grains  
No dairy  
No gluten  
Low disaccharides

Prep time: 30-45 mins

Cook time: 30 mins +12 hrs freezer

Serves: 6

## INGREDIENTS

- 4 eggs
- 100g honey
- 1 tsp vanilla essence
- finely grated zest on 1 lemon
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cloves
- 1/8 tsp ground nutmeg
- 200g fresh cherries, pitted and diced
- 1 kiwi fruit, peeled and diced
- 80g roasted, chopped almonds



## *WHIPPED COCONUT CREAM*

- 2 cans coconut cream
- 1 tbsp honey

## *ALMOND PRALINE*

- 1 1/2 cups almonds
- 125g honey
- 1 tsp olive oil

## METHOD

- Grease and line a 20cm x 10cm (9" x 4"), depth 6cm (2.5"). Allow paper to extend 5cm past ends to ensure easy lifting out of semifreddo.
- Place a heatproof bowl over a saucepan of boiling water (the bowl not touching the water), and add to the bowl: eggs, honey, vanilla, lemon zest and spices.
- Whisk the mixture with electric beaters until thickened and creamy (5-6 mins)
- Remove from heat and cool for a few minutes.
- Stir in the whipped coconut cream, the almonds and the fruit.
- Pour mixture into prepared pan, smooth top and freeze overnight.
- Remove from freezer and stand for 5-10 minutes.
- Lift the semifreddo out by the paper, remove the paper and slice thickly.
- Sprinkle with almond praline and decorate with cranberries and mint leaves.
- *WHIPPED COCONUT CREAM*
- Refrigerate coconut cream overnight.
- Without shaking, open cans and remove cream from top.
- Place into electric mixer bowl with the honey.
- Beat on high for a few minutes, until creamy, and refrigerate.
- *ALMOND PRALINE*
- Heat oven to 180°C (160°C fan forced) (350°F or 325°F).
- Place almonds onto baking paper in single layer.
- Roast 10 minutes until golden brown. Cool.
- In a small saucepan, place honey and bring to the boil.
- Boil until 130C (300°F) reached, or until foamy (about 5-8 mins) stirring constantly.
- Add almonds and olive oil and mix well, then pour mixture back onto baking paper on tray. Spread into a single layer and let cool.