

Recipe

ROSE & PISTACHIO SEMIFREDDO

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Recipe: **CAROLE POIROT**

INGREDIENTS

- 350 ml double (heavy) cream
- 2 tsp rose water
- 3 eggs, separated
- 5 g edible rose petals, plus more for decorating
- 100 g pistachios
- 70 g caster sugar



TIME

15 min



SERVING

6-8



CATEGORY

dessert



ISSUE

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- STEP 1** Make sure the tin (loaf tin) is cold by freezing it whilst preparing the recipe
- STEP 2** Put the pistachios into a plastic bag or a tea towel and bash them with a rolling pin until you have rough pieces
- STEP 3** Whisk the egg yolks and sugar until pale and fluffy
- STEP 4** Whisk the double (heavy) cream with the rose water until you have soft peaks
- STEP 5** In a separate bowl, whisk the egg whites to stiff peaks
- STEP 6** Now fold the cream into the egg yolks
- STEP 7** Add half of the egg whites and gently fold in
- STEP 8** Add the second half of the egg whites and gently fold in
- STEP 9** Now add the pistachios and rose petals and carefully mix in
- STEP 10** Transfer the mix to the cold tin
- STEP 11** Freeze over night
- STEP 12** To serve remove the whole semifreddo loaf from the tin and cut into slices