



Local Fusion



This rich and creamy dessert is a great make ahead, and delicious to serve to guests.

Preparation time: 20 minutes | **Cook time:** 15 minutes

Chill time: 6 hours | **Serves:** 12 to 16

Ingredients:

1 lb (454 g) semi-sweet chocolate, chopped

1 cup (250 mL) 35% whipping cream

1/4 cup (60 mL) butter

4 egg yolks

2/3 cup (150 mL) icing sugar

6 tbsp (90 mL) dark rum or Irish cream liqueur

Whipped cream (optional)

Strawberry Sauce:

1 lb (454 g) frozen strawberries

3 tbsp (4g) granulated sugar

1 tbsp (15 mL) water

2 tsp (10 mL) lemon juice

Instructions:

Strawberry Sauce:

1. In a saucepan, combine strawberries, sugar, water, and lemon juice over medium heat. Bring to a simmer and cook for about 8 minutes or until strawberries start to break down and soften. Remove from heat and mash slightly with potato masher. Let cool and refrigerate until ready to use.

Pour chocolate mixture into non-stick 8x4 inch (1.5L) pan and drop pan to even out and remove air bubbles. Cover with plastic wrap and freeze for at least 6 hours or overnight, or until firm.

Chocolate Semi Freddo:

2. Place chocolate in a bowl set over saucepan with barely simmering water to melt. Whisk in cream and butter until smooth and glossy. Remove from heat. Whisk in egg yolks, one at a time, stirring well after each addition. Whisk in icing sugar and rum until well combined.

3. Remove plastic wrap from top of loaf and turn out onto serving platter. Slice or alternatively, leave in pan and scoop into bowl. Serve with strawberry sauce and whipped cream, if desired.

Tip: Semi Freddo can be frozen for up to 2 weeks.

Nutritional info per serving (1/16th recipe):

270 calories, 2 g protein, 28 g carbohydrates, 18 g fat, 2 g fibre, 30 mg sodium, 30 mg calcium

Chocolate Semi Freddo with Strawberry Sauce