

Semifreddo Alla Frutta Secca

Semifreddo with Nuts and Dried Fruit

Chefs Bill I, Sol on

Serves 8



This is a recipe originally taken from one of Marcella Hazan's cookbooks. Marcella is a leading Italian food expert; however, I modified the ingredients to comport with a marvelous semifreddo I enjoyed at Ditirambo in Rome during an October 2007 trip. Jay Strickler

1/3 cup shelled, unpeeled hazelnuts
1/3 cup blanched almond slivers
1/3 cup dried cherries or cranberries
1/3 cup dried apricots chopped
1 1/2 cup chopped semisweet chocolate (1/4 – 1/2 inch pieces plus broken residue from chopping). I have successfully substituted chopped Heath Bars
4 extra large eggs
1/4 pound granulated sugar
1 tablespoon grappa (I prefer to use Triple Sec or Grand Marnier)
1 cup heavy cream
Powdered sugar
Pinch of tartar

An 8-cup loaf pan. I use a Tupperware type container that has the same dimensions of a loaf pan. (or a bread pan)

Wax paper

1. Turn on the oven to 300°.
2. Spread the hazelnuts on a baking sheet and roast them for 10 to 15 minutes. Transfer them to a medium-size wire strainer and rub them against the sides of the strainer to remove as much of the peel as will slip off. Another approach is to place them on 1/2 of a dishtowel, fold the towel over and roll them in the folded towel on a counter top. You cannot get all of the peel off of all of the pieces. Use them anyway. Chop the peeled hazelnuts into very coarse pieces, like about 1/4 size.
3. Spread the blanched almonds slivers on a baking sheet and bake them in the 300° oven until they are lightly toasted.