



FOR TEENS

DESSERT	
Semifreddo alle pesche - Peach Semifreddo	
" Semi-cold" ice cream-like dessert with peach	
INGREDIENTS:	
<ul style="list-style-type: none"> • 1 cup heavy cream • 2 tablespoons powdered sugar • ½ teaspoons vanilla extract • 3 egg whites • 1 (20-ounce) can of peaches, drained (peaches from a can work best!) • 1 cup crushed Amaretti cookies, for sprinkling (any cookies work) 	
<i>For simple syrup- yields ½ cup (see step 3)</i>	
<ul style="list-style-type: none"> • ¼ cup water • ½ cup sugar 	
PREPARATION	
<ol style="list-style-type: none"> 1. Spray a 9 ¼ by 5 ¼ by 3 in. metal loaf pan lightly with nonstick spray. Line with enough plastic wrap extending over the sides to cover the top after the pan has been filled. 2. In a medium bowl, whip the heavy cream, powdered sugar, and vanilla extract until stiff peaks form. Set aside. 3. Make the simple syrup: in a saucepan combine the water and sugar over medium heat. Bring to a boil, reduce the heat to a simmer for 5 mins- make sure all the sugar has dissolved. Turn the pan in circles to mix. Take the pan off the heat and let it cool. 4. In another medium bowl, whip the egg whites until foamy (should be able to put the bowl above your head without it falling!) Continue mixing as you slowly add the simple syrup. Continue beating on high speed until the mixture is glossy/shiny and doubles in volume (will take about 7-10 mins) 5. Using a spatula, gently fold the peach into the egg white mixture. Then, gently fold the whipped cream into the mixture. Now all the mixtures should be gently folded together. 6. Spoon the mixture into your loaf pan, then cover with the plastic wrap. Leave it to freeze for 8 hours. 7. To serve: unfold the plastic wrap and move the semifreddo to a dish or board. Top each slice with sprinkled Amaretti cookies. 	
YOUR PERSONAL NOTES	

