

RICOTTA SEMIFREDDO

Description

Semifreddo means semi frozen. It's a simple and delicious light dessert.

Ingredients

- 1/4 cup milk, fat free
- 1 cup honey
- 2 tsps orange rind, grated
- 1 1/2 tsps vanilla
- 1 tsp salt
- 3 ozs cream cheese, fat free, softened
- 1 16 ounces ricotta cheese
- 1/2 cup heavy cream

Instructions

Line a 9" x 5" loaf pan with plastic wrap.

In a blender or food processor combine all ingredients and process until smooth.

Spoon or pour mixture into prepared pan.

Cover with plastic wrap and freeze at least 8 hours.

Remove from freezer and let stand at room temperature 20 minutes.

Remove plastic wrap and invert pan onto serving platter.

Discard remaining plastic wrap.

Slice semifreddo crosswise into 8 slices.

Serve with orange sections, raspberries or fresh currants.

Note: the original recipe calls for whipping the cream and folding it into the semifreddo at the end. I forgot one time and added everything at once and it made no difference that I could tell so now I just process everything together.

Notes

When I found this recipe I tried it out on some friends and they loved it as much as we did. When we started going to AZ for the winters I made it for Cousins Bob and Jean Walters. Bob said he only wanted a little piece so I accommodated him. Then I caught him in the kitchen cutting himself another slice. It is one of our very favorite recipe and many times I double the recipe and freeze the other half. It keeps for a long time..

I usually try to keep Trader Joe's chocolate Christmas star cookies on hand and serve a couple with the semifreddo.

Summary

Yield: 8

Source: Ellen Mackie
Ransford from Cooking Light
Magazine 11/10

Prep Time: 15 minutes

Category: Desserts

Cuisine: Italian