



Recipe from: [My Catholic Tradition](#)

Gingered Semifreddo (Italian Ice)

SERVES SIX

1/2 cup caster (superfine) sugar

4 egg yolks

1 1/4 cups double (heavy) cream

2/3 cup drained stem (preserved) ginger, finely chopped, plus extra slices, to decorate

Mix the sugar and 1/2 cup cold water in a pan.

Heat gently, stirring occasionally, until the sugar has dissolved.

Increase the heat and boil for 4–5 minutes, without stirring, until the syrup registers 238°F on a sugar thermometer.

Alternatively, test by dropping a little of the syrup into a cup of cold water.

Pour the water away and you should be able to mold the syrup into a small ball.

Put the egg yolks in a large heatproof bowl and whisk until frothy.

Place the bowl over a pan of simmering water and whisk in the sugar syrup.

Continue whisking until the mixture is very thick.

Remove from the heat and whisk until cool.

Whip the cream and lightly fold it into the egg yolk mixture with the chopped stem ginger.

Pour into a freezer proof container.

Freeze for 1 hour.

Stir the semifreddo to bring any ginger that has sunk to the base of the container to the top.

Return it to the freezer for 5–6 hours, until firm.

Scoop into dishes or chocolate cases.

Decorate with slices of ginger and serve.

To make the cases:

Pour melted chocolate over squares of baking parchment.

Drape them over upturned glasses.

Peel off the baking parchment when set.