



THE WAY THE COOKIE CRUMBLES

A FOOD BLOG

Meyer Lemon Semifreddo (from Bon Appétit via epicurious)

Serves 8 to 10

While the recipe indicates that you can use Meyer or regular lemons interchangeably, Meyer lemons are significantly less sour than regular lemons. I used Meyer, but if you use regular, you should probably increase the sugar.

I used a round pan instead of a loaf pan, but other than that, followed the recipe exactly.

½ cup sliced almonds, toasted
1¾ cups chilled heavy whipping cream
1¼ cups (8.75 ounces) plus 2 tablespoons sugar
7 large egg yolks
½ cup fresh Meyer lemon juice or regular lemon juice
1 tablespoon plus 2 teaspoons finely grated Meyer lemon peel or regular lemon peel
¼ teaspoon salt
4 cups mixed fresh berries (such as raspberries, blackberries, blueberries, and quartered hulled strawberries)

1. Line a 9-by-5-inch metal loaf pan with plastic wrap, leaving a generous overhang. Sprinkle almonds evenly over the bottom of the pan. Using an electric mixer, beat the whipping cream in a large bowl until soft peaks form. Refrigerate the whipped cream while making the custard.
2. Whisk 1¼ cups sugar, the egg yolks, lemon juice, lemon peel, and salt in a large metal bowl to blend. Set the bowl over a large saucepan of simmering water and whisk constantly until the yolk mixture is thick and fluffy and instant-read thermometer inserted into the mixture registers 170°F, about 4 minutes. Remove the bowl from over the simmering water. Using an electric mixer, beat the mixture until cool, thick, and doubled in volume, about 6 minutes. Fold in the chilled whipped cream. Transfer the mixture to the prepared loaf pan; smooth the top. Tap the loaf pan lightly on the work surface to remove air pockets. Fold the plastic wrap overhang over top to cover. Freeze the semifreddo until firm, at least 8 hours or overnight. (Semifreddo can be made 3 days ahead. Keep frozen.)
3. Gently mix the berries and remaining 2 tablespoons sugar in a large bowl. Set aside for 30 minutes.
4. Unfold the plastic wrap from the top of the semifreddo; invert onto a platter and remove the plastic wrap. Dip a heavy large knife into hot water; cut the semifreddo crosswise into 1-inch-thick slices. Transfer to plates; spoon the berries alongside and serve.