

Blackberry & Vanilla Cream

Semifreddo



By Ashley Alexander

Here's an easy make-ahead dessert that's perfect for entertaining. It's a refined frozen dessert that really showcases the natural flavour and vibrant colour of blackberries. A light, airy vanilla cream is layered with a smooth, intensely flavoured blackberry sorbet, creating a clean, elegant slice with a soft, creamy texture and bright fruit finish.

SERVES 8-10 | **PREP** 30 minutes | **COOK** 10 minutes | **TOTAL** 40 minutes (+ freezing time overnight)

INGREDIENTS

Vanilla Semifreddo Layer

- 125ml pure (thickened) cream
- 200g sour cream (full fat)
- 1 tablespoon vanilla bean paste or vanilla extract
- 2 large eggs
- 70g (1/3 cup) caster sugar
- 1/3 cup water
- 70g (1/3 cup) caster sugar
- 1 teaspoon vanilla bean paste or vanilla extract
- Juice of 1/2 lemon (about 20g)

For Serving

- 250g fresh blackberries

Blackberry Sorbet Layer

- 375g fresh blackberries

METHOD

Meatballs

1. Have an 11cm x 30cm loaf pan or a 9-cup capacity dish ready for pouring the mixture into. There's no need to line the dish with baking paper or plastic wrap.
2. Using a stand mixer or hand beaters, whip the cream, sour cream, and vanilla to soft peaks, about 2-3 minutes. Refrigerate until needed.
3. Place the eggs and caster sugar in a heatproof bowl set over a saucepan of gently simmering water, ensuring the base of the bowl does not touch the water. Whisk constantly for 4-5 minutes, until the mixture becomes thick, pale, and warm to the touch.
4. Transfer the mixture to a stand mixer fitted with the whisk attachment and beat on high speed for 7-8 minutes, until cool, thick, and airy.
5. Gently fold the whipped egg mixture into the cream mixture until fully combined and smooth.

6. Pour the vanilla semifreddo mixture into the prepared pan and place in the freezer while you prepare the blackberry layer.
7. Add the blackberries, water, sugar, vanilla, and lemon juice to a high-speed blender. Blend until smooth, starting on low speed and gradually increasing as needed.
8. Strain the mixture thoroughly through a fine mesh sieve into a bowl, pressing firmly with the back of a spoon. This may take a few minutes, but removing the seeds will ensure a smooth, refined texture.
9. Using a large spoon, gently spoon the blackberry mixture over the vanilla semifreddo layer. Spoon carefully to avoid disturbing the base layer.
10. Freeze overnight, or for at least 8 hours, until fully set.
11. To serve, unmould onto a serving plate and top with fresh blackberries. Alternatively, slice or scoop directly from the pan. Serve immediately.

NOTES

Don't rush the egg whipping stage: Whipping until cool and airy is essential for creating the light, mousse-like semifreddo texture.

Straining is worth the effort: Removing blackberry seeds gives a smoother, more luxurious finish and cleaner slices.

Spoon, don't pour, the blackberry layer: This prevents the vanilla layer from breaking or mixing unintentionally.

Freezing time matters: At least 8 hours is essential, but overnight is ideal for the best texture and clean slices.

How to unmould cleanly: Dip the base of the pan briefly in warm water (5-10 seconds), then invert. Or alternately slice or scoop straight from the pan.

Storage: Keeps well in the freezer for up to 1 week, tightly covered.

Texture tip before serving: Let sit at room temperature for 5 minutes to soften slightly for the best creamy texture.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/blackberry-vanilla-cream-semifreddo>

Let me know if you make the recipe! x @gatherandfeast