

Extra Virgin Olive Oil, Lemon & Chocolate Flecked Semifreddo

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**Gather
& Feast**

If you're craving a dessert that's indulgent but still feels light and luxurious, this semifreddo has you covered! It's a show-stopper that's surprisingly easy to make (no ice cream maker needed!) and completely make-ahead, perfect for entertaining or as a special treat. The creamy base is brightened with lemon zest, enriched with a hint of extra virgin olive oil, and studded with shards of melted chocolate for a delicious texture.

SERVES 8-10 | **TOTAL TIME** 45 minutes (+ overnight freezing time)

INGREDIENTS

Semifreddo

- 250ml (1 cup) pure or thickened cream (heavy cream)
- 400g (1 2/3 cups) sour cream
- Zest of 2 large lemons
- 1 tablespoon vanilla bean paste or vanilla extract
- 40g (50ml or approx. 1/4 cup) light-flavoured extra virgin olive oil (I've used Cobram Estate Light Extra Virgin Olive Oil)
- 4 eggs
- 110g (1/2 cup) caster sugar
- 250g (9 oz) chocolate, I like to use an even mix of milk and dark (125g each), roughly chopped or broken
- 1 tablespoon light-flavoured extra virgin olive oil (I've used Cobram Estate Light Extra Virgin Olive Oil)
- 1-2 tablespoons extra virgin olive oil (I've used Cobram Estate Robust Extra Virgin Olive Oil)

For serving

- Extra virgin olive oil (I've used Cobram Estate Robust Extra Virgin Olive Oil)
- Dark chocolate, for grating



METHOD

1. Line a large long loaf pan (11cm x 30cm) or a 9-cup-capacity dish with plastic wrap, leaving at least 20cm overhanging on all sides. This allows you to slice the semifreddo or scoop it like ice cream. If scooping, let it soften at room temperature for 20 minutes before serving.
2. In a small saucepan, gently melt the chocolate with 1 tablespoon light-flavoured extra virgin olive oil over low heat. Stir until smooth, then set aside to cool slightly.
3. Using a stand mixer or hand beaters, whip the cream, sour cream, lemon zest, vanilla, and 40g extra virgin olive oil to soft peaks (2–3 minutes). Refrigerate until needed.
4. Place the eggs and caster sugar in a heatproof bowl set over a saucepan of simmering water. Whisk constantly until thick and pale (4–5 minutes). Transfer to a stand mixer and whisk on high speed until cool, light, and airy (7–8 minutes).
5. Gently fold the whipped egg mixture into the cream mixture.
6. Drizzle half the cooled melted chocolate over the cream mixture. Place the bowl in the freezer for 10–15 minutes, until the chocolate hardens. Once firm, using a spoon, break up the hardened chocolate into shards and fold gently into the semifreddo base.
7. Pour one-third of the semifreddo mixture into the prepared mould. Drizzle with some of the remaining melted chocolate and a splash of extra virgin olive oil. Repeat the layering until all the semifreddo mixture and chocolate are used. Fold the overhanging plastic wrap over the top to seal.
8. Freeze the semifreddo overnight or up to a week before serving.
9. Unmould the semifreddo and slice or scoop as desired. Drizzle with extra virgin olive oil and garnish with grated dark chocolate. Serve immediately and enjoy!

NOTES

Choosing Chocolate: Use high-quality chocolate for the best flavour. A mix of milk and dark chocolate adds a balanced richness. Ensure the chocolate is free from gluten or nuts if catering to specific dietary needs.

Selecting Extra Virgin Olive Oil (EVOO): The choice of olive oil greatly influences the flavour. Cobram Estate Light EVOO is ideal for its subtle fruitiness in the semifreddo base, while Robust EVOO adds a peppery finish when drizzled on top.

Egg Safety: As the eggs are gently heated but not fully cooked, use pasteurized eggs if concerned about food safety, especially when serving to children, pregnant individuals, or those with weakened immune systems.

Whipping Tips: Whip the cream mixture to soft peaks to maintain a light texture. Over-whipping can lead to a dense semifreddo or more grainy texture.

Layering Chocolate: Allow the melted chocolate to cool slightly before adding to the semifreddo to prevent it from melting the base. Freezing and smashing the chocolate layers adds delightful texture.

Freezer Space: Ensure your freezer has enough room for the pan, as semifreddo needs to set undisturbed for the best texture.

Serving Suggestions: For clean slices, dip a sharp knife in hot water, wipe it dry, and cut. If scooping, let the semifreddo soften for 20 minutes at room temperature first.

Make-Ahead Dessert: This semifreddo can be prepared up to a week in advance, making it an excellent option for entertaining.

Storage: Keep the semifreddo tightly wrapped in plastic to prevent freezer burn and absorb unwanted odors.

Garnish Flexibility: While olive oil and grated chocolate are the suggested garnishes, you can also add fresh berries, candied lemon zest, or crushed pistachios for something extra.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/extra-virgin-olive-oil-lemon-chocolate-flecked-semifreddo>

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