



White Chocolate and Coconut Semi Fredo with Mango, Pomegranates and Basil Salad

This is a great dessert for any dinner party and you can make it weeks ahead. Regarding the fruit salad you can create your own version or just serve it with berries or fruit compote.

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| Estimated Preparation Time; | 25 minutes |
| Completion Time; | 5 hours |
| Skill Level; | easy |
| Serving Size; | 4-6 |
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| Equipment; | Electric Blender Small sauce pot 3 metal bowls Spatula Whisk 4-6 moulds to freeze the semi fredo |

Ingredients for the Semi Fredo

100gm white chocolate
1 egg yolk
1 egg
2 tbsp. Caster sugar
3 tbsp. alcohol such as Cointreau, Grand Manier, Kaluha, or Amaretto or Fra Angelico
100gm coconut cream
200gm cream
4 tablespoon desiccated coconut
4 metal molds to freeze the dessert

Ingredients for the Fruit Salad

1 small mango
1 pomegranate
2 passion fruits
4 basil leaves cut into strips (use finely sliced kaffir lime or mint leaves if you like)
1 tablespoon of honey



Method for the Semi Fredo

- 1; fill the pot 1/3 high with water and bring to the boil
- 2; in-between place the chocolate into the metal bowl
- 3; once the water cooks turn off the heat and place the bowl with the chocolate on top and let it melt gently
- 4; once the chocolate has melted set aside and place the pot back onto the heat and bring to the boil
- 5; place the egg yolk into the second mixing bowl
- 6; add the egg
- 7; add the sugar
- 8; add the alcohol and whisk together till lightly foamy
- 9; reduce the heat of the pot
- 10; place the bowl over the heat and keep whisking until the egg foam starts to thicken a little. Note; you can see if it is right once you will see that the foam holds better onto the wirers of your whisk. At the same time, you need to move the whisk all around the bowl, so you avoid egg curdling on the side of the bowl where you do not whisk it.
- 11; remove from the heat
- 12; add the coconut cream
- 13; add the melted chocolate to the mixture and whisk together
- 14; place the mixture into the fridge for 30 minutes
- 15; in-between whip the cream to very soft peaks where it is still almost runny and place into the fridge
- 16; remove the white chocolate mixture from the fridge
- 17; remove the whipped cream and fold together with the chocolate cream
- 18; fill into the molds and place into the freezer for 3-4 hours or until the mixture is frozen through
- 19; to serve, rinse the mould with a little water and run a knife around the edge and dip the semi fredos out and roll in the desiccated coconut and place onto the plates with the fruit salad

Method for the Fruit Salad

You best make the salad shortly before you serve the semi fredo

- 1; Peel the mango, remove its stone and dice into 5 mm large cubes and place into a bowl
- 2; Remove the pomegranate seeds from its membranes and place into the bowl
- 3; cut the passion fruit into half and scoop out the seeds and juice and add to the the other fruits
- 4; tear the basil leaves and place into the bowl
- 5; add the honey and gently mix together and place onto 4 serving plates

Note; the Semi Fredos last for up to 2 months in the fridge. Wrap them with some glad wrap to avoid freezer burn or other flavours traveling into the ice cream

What can you serve with? Any fruits you like

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