




# Farina bóna semifreddo






A typical traditional recipe from Ticino reworked by SSSAT (Swiss Italian Tourism and Hotel Management School of Bellinzona).

## Preparation

	Time required	approx. 20-30 minutes
	Difficulty	Average - For amateurs
	Portion size	1 litre

## Features

	Dish	Dessert - Semifreddo
	Typical product	Farina bóna - 0 km
	Suitable in	Summer - Hot days

## INGREDIENTS

### Semifreddo

- 5 medium eggs (50 g)
- 150 g sugar
- 30 g honey
- 50 g farina bóna
- 500 ml cream (35%)

## PREPARATION

### Semifreddo

1. Whip the cream until it forms soft peaks then place in the fridge;
2. Put the semifreddo moulds in the freezer;
3. Place the eggs, sugar and honey in a metal bowl and whip together over a hot bain-marie (max. 50 °C) as you would for zabaglione;
4. Add the farina bóna;
5. Continue to whip it cold with an electric whisk until the mixture is well-developed and cold;
6. Incorporate the whipped cream gently;
7. Pour the entire mixture into the chilled moulds that were previously placed in the freezer;
8. Allow the semifreddo to rest in the fridge for at least 4 hours.

### Plating up

Place the semifreddo on a plate and decorate as desired.