

Peppermint and English Toffee Tea Semi Fredo with a Yoghurt Foam



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When removing the semi fredo from the mold dip it in some very hot water for a few seconds, then bang it into your hand so it looks nice and even when it comes out.



- Sub Category Name
Food
Desserts
- Recipe Source Name
Real High Tea at Home Recipes

Used Teas



Exceptional
Peppermint and
English Toffee

Ingredients

Peppermint and English Toffee Tea Semi Fredo with a Yoghurt Foam
Yogurt Foam



- 160ml thickened cream
- 50g castor sugar
- 240ml Greek-style yoghurt
- 2 gold-strength gelatine leaves, soaked in cold water
- 2 N2O cartridges

Honeycomb

- 100g castor sugar
- 30g golden syrup
- 1 1/2 teaspoons bicarbonate of soda

Toffee

- 300g roasted peanuts
- 1 teaspoon salt
- 500g castor sugar
- 500ml water
- 500ml thickened cream
- 250g salted butter, chopped

Semi Fredo

- ½ cup milk
- 8 Dilmah Exceptional Peppermint and English Toffee tea bags
- 250g castor sugar
- 8 egg yolks, lightly beaten
- 1 litre thickened cream, whipped

Methods and Directions

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- To make the yoghurt foam, combine the cream and sugar in a small saucepan over high heat, take off the heat just before cream reaches boiling point. Remove from heat. Add gelatine and stir until gelatine dissolves. Strain through a fine sieve into a bowl. Add yoghurt and stir to combine. Place in the fridge to chill and set. Place cream mixture into a cream gun fitted with 2 N2O cartridges. Set aside.
- To make the honeycomb, combine sugar and golden syrup in a small saucepan over a medium heat. Swirl the pan (don't stir the mixture as it will go grainy) every so often until the sugar dissolves. Bring to the boil and allow it to colour slightly so it goes a lovely deep golden brown (don't let it go too far though or it will taste burnt). Remove from heat and add bicarbonate of soda. Working quickly, stir to combine then pour over a lightly greased oven tray. Set aside to set.



- To make the toffee, combine the peanuts and salt in a bowl. Use the end of a rolling pin to crush. Set aside. Combine the sugar and water in a medium saucepan over low heat. Cook, stirring, for 5 minutes until sugar dissolves. Increase heat to high and cook, without stirring, for 5-7 minutes or until syrup is a dark caramel colour. Remove from heat. Add the cream and butter and gently swirl the pan until butter melts and mixture is well combined. Set aside to cool.
- To make the semi fredo, place the milk in a small saucepan and bring to the boil over high heat. Remove from heat. Add the Peppermint and English Toffee tea bags and sugar and set aside for 3 minutes to infuse. Place the egg yolks in a large bowl. While constantly whisking, gradually add the milk mixture in a thin stream. Whisk until well combined. Add the cream and gently fold through. Add peanuts to caramel mix, then gradually fold into cream mixture. Pour evenly among dariole moulds. Place in the freezer for 6 hours or until set.
- Turn semi fredo onto serving plates. Sprinkle with chopped honeycomb and serve with yoghurt foam.

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