

Individual Vanilla Bean and Honey Semifreddo Tarts

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/semifreddo-italian-meringue-recipe>

Ingredients:

- crust
- 1 1/2 cups wafer crumbs Nilla, about 50
- 3 tablespoons unsalted butter melted
- semifreddo
- 1/2 teaspoon gelatin powder unflavored
- 6 tablespoons cold water
- 1/2 cup honey
- 1/4 cup sugar
- 1/4 teaspoon salt
- 1/2 vanilla bean scraped, or 1 1/2 teaspoons vanilla extract
- 6 large egg yolks lightly beaten
- 1 1/2 cups heavy cream whipped to stiff peaks
- Garnish: optional
- honeycomb pieces of natural

Nutrition:

1. Calories: 1450 calories
2. Carbohydrate: 128 grams
3. Cholesterol: 670 milligrams
4. Fat: 102 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 51 grams
8. Sodium: 740 milligrams
9. Sugar: 79 grams

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