

## Vanilla Lemon Ricotta

*Makes: 8 to 16 servings (serving size: 1 slice)*

### Ingredients

- 1/2 cup organic sugar (Florida crystals)
- 1/4 cup fat-free organic milk
- 1/4 cup honey
- 2 teaspoons grated orange rind
- 1 tablespoon Vanilla Bean Balsamic Vinegar
- 1/8 teaspoon sea salt
- 3 ounces fat-free cream cheese, softened
- 1-1/2 part-skim fresh ricotta cheese\* (bought or homemade)
- 3/4 cup cold heavy cream
- Fresh orange sections (optional)

### Preparation

Line a 9 x 5-inch loaf pan with plastic wrap. Combine sugar, milk, honey, orange rind, vanilla bean balsamic, salt, cream cheese, and ricotta in a large bowl. Whisk until smooth. Pour cold cream into a medium bowl, and beat with a mixer at high speed until stiff peaks form. Fold 1/4 cup whipped cream into the ricotta mixture. Fold in the remaining cream.

Spoon the mixture into prepared loaf pan. Cover with plastic wrap, and freeze at least 8 hours or until set. Remove semifreddo from freezer, and let stand at room temperature for 10-15 minutes. Discard top piece of plastic wrap. Invert loaf pan onto a serving platter, and tap to remove semifreddo. Discard plastic wrap, and slice semifreddo crosswise. Serve with orange sections and mint leaves, if desired.

For smaller portions, cut each slice into two squares and top each with an orange slice and a mint leaf.

\*To make ricotta in 10 minutes, heat in a medium heavy pan 4 cups low fat organic milk with 1 cup organic buttermilk and 1/3 cup organic heavy cream. Sea Salt. Heat to 185 F. The curds will separate out. Remove from the heat.

Line a strainer with cheesecloth then scoop out curds, adding a little salt every few scoops. and drain 5 minutes. Save whey for another use. Store cheese covered in the refrigerator up to two days. Yum!