



Nougat

Gaggenau Appliance:

Preparation Time: 10 minutes

Cooking Time: 10 minutes + 8 hours setting

Serves: 6-8

Ingredients

Confectionary rice paper

2 egg whites

2½ cups caster sugar

1 cup liquid glucose

1/3 cup honey

300g lightly toasted nuts (chopped
almonds, hazelnuts, pistachios)

Method

Preparation

1. Line the base of a 20cm square cake tin with rice paper.
2. Place egg whites in the bowl of a freestanding electric mixer, and leave until the sugar is ready.
3. Place sugar, glucose and honey in a saucepan and cook over medium heat, Induction level 5 until sugar starts to dissolve. Bring to a boil over high heat, Induction level 8 and when the sugars reach 120°C on a sugar thermometer start whisking egg whites until stiff peaks form. Continue cooking the sugars until 140°C is reached on a sugar thermometer.
4. Add the sugar mixture to egg whites in a thin stream, beating constantly until very thick. Fold in nuts and pour into the prepared tin. Cover nougat with a sheet of rice paper and press firmly. Set aside for 8 hours until hardened.

To finish

Slice and serve.