

Recipes from Nuts 'n May

Nougat

Nougat is usually made with almonds, but we use what we have farm: walnuts, dried Black Doris plums and our own honey and eggs. You may need to go to a specialist place to get the rice paper.

You will need a candy thermometer and a good beater. Nougat is really sticky, to avoid it sticking to everything use a hot metal spoon and hot metal spatula or palate knife to get it out of the bowl.



Ingredients

1 cup	Honey	18 x 28cm	Deep sponge tin
2 cups	Caster Sugar	18 x 28cm	Chopping board (to fit tin)
1 cup	Glycerine or corn syrup	4 -6 sheets	A5 Rice paper
3 med	Egg whites		Baking paper or tinfoil
1 cup	Walnut kernels		
¼ cup	Dried plums or apricots		

Method

Line a deep sponge tin with baking paper or foil, go up the sides and fold the corners so it sits well, then line again with the rice paper. The rice paper will stick to the nougat and allow it to come out, it's edible so you don't need to peel it off.

Chop the nuts and dried fruit and spread out on a tray in a mild oven to warm through.

Heat the honey in a small pot and in another start to melt the sugar and glycerine. Keeping an eye on these, put the egg whites in the beater and whip them to soft peaks, keep the beater moving. By now the honey should be just starting to boil, slowly add this to the egg whites and leave the beater running while you wait for the sugar mix to reach 140°C, it's vital it reaches that temp as the nougat won't set if it doesn't. For a harder nougat let it reach 150°C.

Once the sugar has reached the desired temperature then slowly pour it into the honey egg mix, continue to beat the mix for another 4 minutes then add the warmed nuts and fruit.

Working quickly pour out the mix into the lined mould level it off and add more sheets of rice paper to the top before putting the chopping board on as a weighted lid.

Leave till it is fully cooled, ideally at least 6 hours. Once firm, carefully remove the nougat from the mould and cut with a wet knife. Keep in an airtight container in a cool, dry place (for up to a week) or in the fridge (for up to 3 weeks).