

Miele

Rosemary, pistachio and white chocolate nougat

By Kirsten Tibballs

20 minutes

Preparation Time

1 hour

Cooking Time

50 pieces

Serves



INGREDIENTS

100 g egg whites (approximately 3 eggs)
Cream of tartar, pinch
25 g caster sugar

Sugar syrup

90 g liquid glucose
225 ml water
415 g caster sugar

Honey syrup

250 g honey

Assembly

400 g pistachios
30 g cocoa butter
100 g glacé orange, chopped
3 sprigs rosemary, finely chopped
3 tbs icing sugar, sifted
3 tbs cornflour, sifted

Miele Accessories

Round baking tray

METHOD

1. In a bowl of a freestanding mixer with balloon whisk attachment, place egg whites and cream of tartar. Measure out 25 g caster sugar and have in a small bowl. Reserve until ready for whipping.

Sugar syrup

1. Place glucose into a bowl and warm in the Microwave at 600W for 30 seconds to soften.
2. Combine water and sugar into a medium saucepan and on high heat, Induction setting 7.
3. Once sugar has dissolved, add glucose and increase heat to Boost 2. Using a sugar thermometer heat sugar to 170°C.

Honey syrup

1. Place honey in a separate saucepan, once sugar syrup has reached 115°C, start heating honey on medium heat, Induction setting 5. Heat until it reaches 130°C on a thermometer.
2. Once honey has reached 110°C on the thermometer, commence whipping egg whites with the cream of tartar and the sugar.
3. When the honey reaches 130°C, immediately add the honey to the egg whites in a slow steady stream down the side of the bowl.
4. Once the sugar syrup has reached 170°C, immediately pour over the egg whites, in a steady stream. Timing is critical at this point, as mass evaporation is very important in achieving the perfect nougat texture.
5. After adding the sugar syrup in, turn the machine off and swap the balloon whisk over for the paddle attachment.
6. Continue whisking on medium speed for approximately 15 minutes. Heat the outside of the bowl with a paint stripper gun to firm the nougat. This will encourage further evaporation of any residual moisture and help to create a firmer consistency.

Assembly

1. In a Warming Drawer on Cup setting 1, place pistachios onto a round baking tray and keep warm. Alternatively warm in the Oven on shelf position 2 on Conventional at 40°C. Keep warm until required.
2. To test if the nougat is ready, have a bowl of cold water and drop a small amount of nougat into the water, it should set firm. If it's still soft, you may need to apply more heat to warm the bowl.
3. Once the desired texture has been achieved, add in cocoa butter, pistachios, glacé orange and rosemary and mix well to combine.
4. In a separate bowl, sift to combine icing sugar and cornflour.
5. Grease and baking paper line a 23 x 23 x 5 cm lamington tin. Dust liberally the base and sides of the tin.
6. Dip a scraper into the remaining cornflour mix and scoop out the nougat into the tin. Dust your hands in the cornflour and gently press nougat into the tin. Once reasonably flat, dust the surface of the nougat with more cornflour mix.
7. Place a sheet of baking paper or a Silpat mat directly onto the surface and using a rolling pin smooth to level the top. Remove the mat or paper and trim any excess nougat on the sides.
8. Once cool, wrap tin in cling wrap and store immediately in an airtight container.

To serve

1. Using a clean sharp bread knife, cut nougat into 3 cm x 3 cm squares.

Hints and tips

- Nougat will keep in an airtight container at room temperature for approximately 2 weeks.
- Paint stripper or heat guns can be purchased from hardware stores.