

Published May 4th, 2016

Nougat Glace

By Susie Iventosch



Reve's Nougat Glace Photo Susie Iventosch

INGREDIENTS

1/3 pound sliced almonds (approximately 1 3/4 cups loosely packed)

1 pound superfine sugar, divided (2 and 1/3 cups)

6 egg whites (or equivalent if using packaged or powdered)

2 cups heavy whipping cream

Dried fruit or candied citrus peel (optional)

Raspberries or strawberries for purée sauce.

DIRECTIONS

Preheat the oven to 450 degrees and line a terrine dish (about 12 x 3 inches) with wax paper.

Warm the almonds in the oven for 3-4 minutes or until golden brown.

Heat one third of the sugar (2/3 cup plus 2 Tbsp.) in a heavy pan, until it starts to caramelize.* Stir in the warm almonds and pour onto an oiled cookie sheet.

Leave to cool and set. When cool, crush into small pieces using a rolling pin. (This is delicious and I reserved a little bit of this nut crunch for garnish.)

Meanwhile, whip the egg whites and the rest of the sugar together to make a stiff meringue.

In a separate bowl, whip the cream to stiff peaks and then fold together with the meringue and crushed almonds mixture. (Add fruit at this time, if you choose to add it ... I did not.)

Fill the terrine dish to the top and place in the freezer until hard - at least 24 hours.

To serve, remove from the freezer and from the dish. Slice and serve on top of a pool of strawberry or raspberry sauce.

Active time: about 45 minutes to one hour. Total time 24 hours.

*Susie's note on caramelizing the sugar: This takes about four minutes. Stir the sugar constantly.

Just as soon as the sugar is melted and the lumps are gone, it's time to remove it from the heat. It will be a beautiful caramel color. I burned my first batch by letting it stay on the burner too long.

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