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Thoughtful Food Mastering Rêve Bistro's Nougat Glacé

By Susie Iventosch



Reve's Nougat Glacé

Photo Susie Iventosch

I am so pleased that Laura and Paul Magu, owners of Rêve Bistro in Lafayette, have offered to share this refreshing Nougat Glacé, a dessert which they recently added to their spring menu. It is delicious.

While nougat candy finds its origins around the 12th century in the Middle East, French nougat was a relative latecomer in the 17th century and hails from the city of Montélimar in the Rhône-Alpes region. There are strict requirements for the nougat to be considered Montélimar nougat: it must be made of 28 percent peeled almonds, 16 percent lavender honey, two percent pistachio nuts, and the rest is sugar and whipped egg whites. The candies may be crunchy and hard, or soft and chewy.

This frozen nougat concoction from Rêve is not like anything I've ever made or even tasted before. It is a lighter, whipped and frozen version of the typical nougat candy

that we normally see. This is very creamy, light and fluffy.

"It's a classic French dish which comes from Provence," said Laura Magu. "It is really tasty, light and refreshing."

Laura says this dish is not really typical of any American dessert and she and Paul are really excited to introduce it to the Lamorinda community. I asked her about the use of raw egg whites, since some people are skittish about that, and she said that powdered egg whites or meringue powder could be used to replace the fresh egg whites. I also read that using the pasteurized egg whites is a good way to go.

To see how they would work, I made the recipe twice — once using fresh egg whites from the shells and the second time I used the pasteurized egg whites from the carton. They were both excellent, and the primary difference was that the fresh egg white nougat glacé was

creamier, while the one with whites from the carton was a bit icier. I really enjoyed both, but have to say, the creaminess of the one with fresh egg whites was divine. If any of you try this with powdered egg whites, please let me know how it works out.

Rêve serves this dessert in a pool of strawberry or raspberry sauce and crème Anglaise, which is a very thin vanilla custard. You can find many recipes for crème Anglaise on the internet, and it's basically made of milk or half and half, egg yolks, sugar and vanilla.

The Magus have really enjoyed their experience of owning a bistro in Lafayette and serving typical French cuisine to their loyal customers. Laura pointed out, "It's so rewarding when our customers try a dish of ours and say 'it's just like I remember it in Paris' or 'it's the best I've had since I was in France!'"

I am certain, you will be delighted with this beautiful dessert from Rêve.

Susie can be reached at suziventosch@gmail.com. This recipe can be found on our website: www.lamorindaweekly.com. If you would like to share your favorite recipe with Susie please contact her by email or call our office at (925) 377-0977.



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Nougat Glacé

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.

Do Students Need a Business Education in College for a Career in Business?

... continued from page B5

But while a blend of business and the liberal arts is a great path to career success, many college students prefer to attend a business school within a college or university setting. They often enter a university's undergraduate business school as freshmen, as opposed to being designated as "pre-business" students before declaring a major.

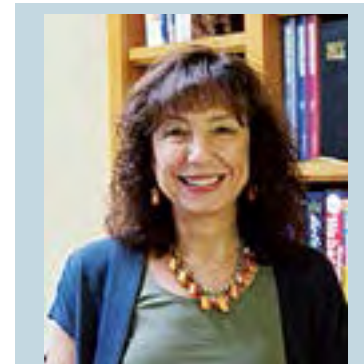
The University of Maryland-College Park has one of the best undergraduate business programs available at a large university, especially for budding entrepreneurs. This university of 27,000 undergraduates also boasts one of the finest honors programs in the country, including one in the Entrepreneurship and Innovation Honors Program. The University of Maryland-College Park also has one of the very best career development centers among the larger research universities. Entry level hiring professionals ranked Maryland eighth among public and private research universities, according to Wall Street Journal survey conducted in 2010 (<http://www.wsj.com/articles/SB10001424052748704554104575435563989873060>). More than two-thirds of Maryland undergrad-

uates earn their bachelor degrees within four years, an excellent performance for a state university.

Fordham University in New York, with around 7,900 undergraduates, also offers many innovative programs. These include an applied accounting and finance track as well as a consumer insights track within marketing major. Fordham offers the added advantage of being located in New York City, with campuses in Manhattan and the Bronx. Over three quarters of Fordham students who enter as freshmen finish on time.

Prospective business students might also want to check out cooperative education that alternates periods of paid full-time employment with full-time attendance in classes. Northeastern University in Boston (with about 13,500 undergraduates) has one of the largest cooperative education programs in the country. Students have the option to do co-op over four years, with two six-month assignments, one each during the sophomore and junior year, or over five years, taking a third six-month assignment with an employer. Most students choose to go five years; nearly 80

percent of those who enter as freshmen graduate by then. Each year Northeastern hosts more than 250 career events, and posts positions from over 3,000 employers. More than 90 percent of NEU graduates find work or attend graduate or professional schools full-time within nine months after graduation.



Elizabeth LaScala, Ph.D. is an independent college advisor who draws upon 25 years of higher education experience to help guide and support the college admissions process for students and their families. Dr. LaScala is a member of NACAC, WACAC and HECA. She can be contacted at (925) 891-4491 or elizabeth@doingcollege.com. Visit www.doingcollege.com for more information about her services.

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