

NOUGAT

Why Nougat?

Look – I never ever ever would have even thought of making Nougat.

People send me recipes, I scroll through it – use the ones I like and file it away.

When I received a bunch of recipes, I scrolled through – and the very fact that this recipe only seems to have 4 ingredients, immediately grabbed me.

What? Is this possible?

Well, it came out lovely!



Nougat

1 cup icing sugar
1 tbsp honey
2 egg whites
3 tbsp glucose powder

Combine all ingredients in a pot on a stove, moderate heat, beat with an electric hand beater for 20 min. Add 1 cup toasted nuts & add it to the mixture, mix well. Take one rice paper, cut in half. Put the mixture on the 1st half & close with the other half and leave to set.

(I put the stove on 5. I only beat it for 11 minutes. Not sure if it was too much or not enough ... The rice paper I got from a Chinese shop.)

(Aneesah Surty – Crossroad Extra)