

Chocolate, Nougat, Caramel and Peanut Bars Recipe

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 15 minutes

Cook time : 25 minutes

Ready in 60 minutes plus cooling

Level : Advanced

Ingredients:

Soft Caramel and Peanut Layer:

- Sugar 90g (3.2oz)
- Glucose syrup 90g (3.2oz)
- Cream (35%) 125g (4.4oz)
- Butter 15g (0.5oz)
- Peanuts (roasted) 100g (3.5oz)

Nougat Layer:

- Egg whites 25g (0.9oz)
- Honey 140g (5oz)
- Sugar 225g (8oz)
- Glucose syrup 40g (1.6oz)
- Peanut butter (smooth) 55g (2oz)
- Milk chocolate for coating 400g (14oz)
- Roasted salted peanuts to taste
- Fleur de sel to taste

Directions

1. To make chocolate, nougat, caramel and peanut bars line 30cmx10cm (12"x4") loaf pan with parchment paper.
2. Next, make the caramel layer. To make soft caramel layer put sugar and enough water to cover the sugar into a saucepan. Mix to combine and put the lid on.
3. When the mixture boils, the steam will wash down the sugar crystals from the sides of the pan. Remove the lid, add glucose syrup, and continue cooking until the syrup caramelizes. When the sugar syrup turns amber in color, remove the pan from the stove. Carefully add cream that you've previously heated in the microwave into the caramel. Add butter and stir until incorporated.
4. Put the pan back on the stove, insert the probe of a digital candy thermometer into the mixture, and continue cooking.
5. When the temperature reaches 121°C (250°F) remove the pan from the heat, add chopped roasted peanuts and stir well to combine. Then, pour the mixture into the prepared pan. Spread it with a silicone spatula and tap the pan against the counter to distribute it evenly. Leave it at room temperature to cool down while you make the nougat layer.
6. To make nougat layer put sugar and water into a saucepan, put the lid on, and set it aside until needed.
7. Put egg whites into a bowl of a stand mixer fitted with whisk attachment.
8. Put honey into a saucepan, and insert the probe of a digital candy thermometer into the honey. Cook honey until it reaches 110°C (230°F). At that point, start whisking the egg whites on high speed.
9. When the honey reaches 120°C (250°F), the egg whites will be whipped to soft peaks. At that point pour the honey into the egg whites without turning off the mixer.
10. Now start cooking sugar syrup that you've prepared earlier. Continue whisking you egg whites as you cook the syrup.
11. When the syrup starts boiling, remove the lid, add the glucose and insert the probe of a digital candy thermometer into the syrup.
12. When the syrup reaches 155°C (310°F) pour it into the mixture of egg whites and honey without turning off the mixer. Be very careful, the syrup is very hot and

pretty dense at this point, so make sure you don't pour it on the whisk while it's working. Continue mixing egg whites for another couple of minutes.

13. Add peanut butter that you've previously heated up in the microwave into the mixture and mix with a firm silicone spatula to combine.
14. Transfer the nougat into the prepared pan onto the set caramel layer. Then, cover it with a piece of parchment paper and smooth it first using your fingers, and finally using a small spatula. Leave it at room temperature to cool down completely.
15. When the nougat is set, take it out from the mold. Cut it into approximately 2.5cm (1") wide bars using a sharp oiled knife.
16. Temper the milk chocolate, and pour some onto a silicone mat. Spread it with offset spatula. Then, place the bars on the chocolate and leave them for a couple of minutes until the chocolate becomes partially set.
17. At that point carefully make incisions around each bar using a small knife, and leave the chocolate to set completely. Make sure you cut very gently – you don't want to cut through your silicone mat!
18. When the bottom chocolate layer is completely set put the bars onto a rack. Glaze the bars with remaining tempered milk chocolate until they are covered completely. Tap the rack against the counter to distribute the chocolate evenly.
19. Finally, decorate your bars with some roasted salted peanuts, and sprinkle some *fleur de sel* on the top. Bon appétit!