

# Pistachio and Raspberry Nougat

by:Tereza Alabanda,*The Pastry Maestra*

Prep. time : 40 minutes

Cook time : 40 minutes

Ready in 80 minutes plus cooling

Level : Advanced

## Ingredients:

- Rice paper cut to 20cm x 20cm (8" x 8") 2 pieces
- Sugar 500g (17.6oz)
- Honey 250g (8.8oz)
- Egg whites 55g (2oz)
- Pistachios, roasted 300g (10.6)
- Freeze dried raspberries 30g (1oz)

## Directions

1. Line 20cm x 20cm (8"x8") pan with parchment paper.
2. Weigh all the ingredients. Roast pistachios at 180°C (350°F) for about 10 minutes, and leave them in warm place.
3. Place one piece of wafer paper cut to size on the bottom of the pan.
4. Place egg whites into a bowl of a stand mixer fitted with whisk attachment, and put honey into a large saucepan. Add sugar and water into the saucepan, stir well with a silicone spatula and start cooking the syrup.
5. When the syrup boils, insert the probe of a digital candy thermometer into the mixture and continue cooking.
6. When the syrup reaches 140°C (285°F) start mixing egg whites on medium speed.
7. When the syrup reaches 155°C (310°F), turn off the heat and pour the syrup slowly and carefully into whipped egg whites. Continue whisking the mixture for a couple of minutes.
8. Replace the whisk with paddle attachment. Add toasted warm pistachios and freeze dried raspberries into the nougat and mix on low speed for a couple of seconds, until incorporated.
9. Then, transfer the mixture into the prepared mold while it is still hot. Distribute the mixture using your silicone spatula. Place another piece of wafer paper on top of the nougat, cover it with parchment paper and place a piece of cardboard cut to size on the top. Press the cardboard with your palm to distribute the nougat evenly, and leave everything to set overnight.
10. Cut nougat into bars using serrated knife.
11. There, your delicious pistachio and raspberry nougat is done! Enjoy!