

Recipe No. 31/2016

Honey, Almond & Cranberry Nougat

Shelagh Harrop, one of the very first Thermomix consultants in South Africa, mentioned at a meeting that she makes nougat in her Thermomix. The interest rose and I think most of our team have been madly making nougat. It is extremely easy to make and the only sweetener being honey, a healthy alternative to commercial sweet treats.

NB: Suitable for both TM5 and TM31

Makes 20 pieces

Ingredients

- 1 egg white
- 400 g honey
- 50 g white cooking chocolate, chopped (optional)
- 100 g almonds, we used the unblanched ones
- 100 g dried cranberries
- 2 sheets of rice paper 30 cm X 20 cm



Method

1. Place egg white into the TM bowl. Lightly beat **10 sec/speed 6**. Add honey and inset butterfly. Leaving MC off, Cook **60 min/100°C/speed 2**.
2. Meanwhile, while the mixture is cooking, place a sheet of rice paper on a sheet of baking paper on a flat surface.
3. Once nougat mixture has cooked, add fruit and nuts into cooked mixture, and chopped chocolate if using. Once well incorporated working quickly and with the assistance of the TM spatula, spread the nougat out onto the rice paper. Place the second sheet of rice paper on top followed by a second sheet of baking paper and carefully roll it flat with a rolling pin ensuring as little as possible "oozes" out the sides. It should be about 1 cm thick.
4. Leave to cool then cut into pieces with a sharp knife.

Cooks's notes

- Instead of the almonds, use any unsalted nuts like pistachios or cashews.
- Replace the cranberries with other dried fruit like cherries, apricots or peaches. Snip first into small pieces with scissors, then add with nuts.
- Use all nuts and omit the fruit.

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