

Nougat chocolate

Description

Soft nougat with chocolate, pistachios, almonds, and hazelnuts



Yield

170 pieces of 10 g



Scheduling

Preparation: approx. 80 minutes
Rest period: 24 hours
Baking time: 20–30 minutes, 160°C



Nutritional values (100 g or 100 ml)

energy: 1'948 kJ/465 kcal;
fat: 27 g, of which saturated 8 g;
carbohydrates: 48 g, of which sugars 42 g;
protein: 7 g; salt 0.03 g

Recipe

Chocolate nougat mixture (2'135 g)

140 g	water
420 g	sugar (1)
245 g	glucose syrup
245 g	honey
90 g	egg white, fresh
70 g	sugar (2)
185 g	cocoa mass
450 g	almonds, peeled, roasted
190 g	pistachios
100 g	hazelnuts

Nougat chocolate (1'780 g)

1'400 g	chocolate nougat mixture
80 g	cocoa butter, tempered
300 g	couverture dark, tempered

Production

1

Preparation

Roast the almonds at 160°C for approx. 20–30 minutes.

Prepare the Silpat mat, rolling pin and icing sugar.

Grease the inside of the metal rods (2 cm high) with rapeseed oil. Mix the nuts together and spread half of them on the Silpat mat.

2

Production

Boil the sugar (1), water and glucose in a copper pan at 147.5°C. Add the honey and boil again to 147.5°C. While cooking, occasionally wash down the rim of the copper pan.

At the same time, beat the egg whites with the sugar (2) until frothy, then switch to a pentagonal beater.

Dip the bottom of the pan with the boiled syrup in a water bath, and then slowly add to the beaten egg whites. Beat for 3–4 minutes and check by texture test. Add the cocoa mass and mix well.

Pour the mixture over the nuts and spread the second half of the nuts on top. Mix the nougat well with your hands to distribute the nuts. Dust the base and surface of the nougat with icing sugar.

Roll out the nougat evenly between sticks and Silpat mats to a thickness of 2 cm and leave to stand overnight.

3

Cutting

Cut 3 cm wide sticks. Then cut the sticks into 1.5 cm wide interiors.

4

Coating

Spread the surface of the interiors with tempered cocoa butter. Coat to the edge with dark, tempered couverture.