

Nougat de Montélimar cheat sheet

by **Ryan Norbauer**

Ingredients

- 425g almonds
- 50g fresh egg whites
- 10g albumen powder
- 410g granulated sugar
- 120g glucose syrup
- 100g water
- 230g honey
- 25g cocoa butter
- 40g vanilla bean paste
- 100g 10X sugar
- 2 sheets wafer paper
- cornstarch

Directions

1. fresh egg whites, albumen powder, sugar in mixer bowl (cumulative increments: 50g, 60g, and 90g.) Combine with hand whisk.
2. Toast 425g nuts @ 180° (350° F), 12 mins. Keep warm at 120° (250° F).
3. glucose, sugar, water into saucepan (cumulative increments: 120g, 500g, and 600g).
4. 230g honey into saucepan.
5. Mise en place: 25g cocoa butter (melted), 40g vanilla bean paste, 100g confectioner's sugar.
6. Lay out 2 sheets wafer paper. Coat tools in cornstarch, have extra ready.
7. Honey on high heat.
8. Whip egg whites on high.
9. Honey @ 120°: Honey into whipping whites.
10. Continue whipping on high.
11. Sugar mixture on high heat.
12. Sugar @ 135°C, remove from heat, stream into whites.
13. Continue whipping for ~3mins, adding significant volume and fluffiness.
14. Add vanilla, incorporate.
15. Add cocoa butter, incorporate.
16. Mix in almonds and confectioner's sugar with beater attachment.
17. Mold onto wafer paper.