Mocha Walnut Nougat
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Many legends exist around nougat’s origins. The word “nougat” comes from latin “nux gatum”, meaning nut pie (gâteau aux noix) and it came to western Europe from the old Byzantium during the era of the Roman Empire. There are three basic kinds of nougat. The first, and most popular, is white nougat (mandorlato or torrone in Italy, turrón in Spain), made with beaten egg whites, cooked honey and sugar base syrup; it appeared in Italy; early 15th century, in Alicante, Spain in the 16th century, and in Marseille and Montélimar, France, in the 18th century. The texture of the nougat may vary from soft to hard; the higher the temperature of the cooked sugar the harder the nougat. Nougat can also be finished in the oven to get a toasted color and thus, a firmer texture. Rich in walnuts and flavored with coffee, this recipe calls for a medium texture. Nougat is an important component of Christmas celebration. However, there’s always an excuse to enjoy it all year long!

Makes = Two 9.5”x3” Logs or Two 13”x9”x1” (32x23x2.5cm) baking tray / 22 each 4.5”x1” (11.25x2.5cm) bars or 66 ≈ 1.5”x1.5” (3.75cm) bite-size.

Use a 7 qt (7L) Heavy Duty Mixer.

3 ea. (90g) egg whites, room temp + 1/2 tsp (1g) cream of tartar or a few drops of lemon juice
Sugar syrup (to cook to 293ºF (145ºC)
1.3lb. (600g) sugar
0.8 cup (200g) water
2/3 cup (200g) glucose or corn syrup.

Honey Syrup (to cook to 266ºF (130ºC)
1.1lb. (500g) acacia or clover honey
2/3 cup (200g) corn syrup or glucose.

5 grams fine ground French roast coffee
10 grams instant coffee (avoid coffee extract for its humidity content)
1 ea. (30g) egg white.

1.4lb. (600g) walnuts halves.

Method
Toast walnuts in a 350ºF (180ºC) oven for about 15 min (shake tray half way through – do not toast them to much). Keep warm; doing so, it wont cool down the hot meringue to fast. Bruno Albouze. www.brunoskitchen.net
Have the sugar-syrup and honey corn-syrup ready in 2 separate large saucepans and cook the sugar syrup first. Meanwhile, beat 3 of the room temp egg whites along with the cream of tartar on medium low speed. Mix the fourth egg white with both coffee and add to the other running egg whites; keep egg whites on foamy stage. When temperature of the sugar syrup reaches 220°F (120°C); it should take 15 min, lower the flame to low and begin cooking the honey-corn syrup on high. When honey syrup reaches 266°F (130°C), the meringue is still in its foamy stage or near soft peaks – set mixer speed to high, pour the hot honey on thin stream against the side of the bowl – continue beating on high. In the mean time, the temperature of the sugar syrup should be at 293°F (145°C)* “firm-ball stage”, pour syrup in the meringue lowering the speed to medium. This is where you are beating all the air and fluffy chewiness into the candy; continue to beat for 8 minutes on medium high. Turn mixer off and switch the whisk for the paddle attachment. Turn mixer back on and continue mixing for a couple of minutes. Add the warm walnuts; mix to combine for a few seconds.

*If the required temperature of the sugar is ready too soon, reduce the heat and lower down its temperature by dropping a couple of teaspoons of cool water into the hot syrup – stay in control until it goes back up to the right temp.

Use wafer paper sheets / 0.3mm thickness (papier azime). Wafer paper holds best nougat’s shape. Wafer paper can be found in most cake decorating bakeries or online at Inkedibles. A mixture of 50% powdered sugar and 50% corn or potato starch can also be used in place of the wafer paper; sift over mold.

Oil utensils and your finger tips as well. Transfer the sticky and still warm-hot nougat mixture in the prepared pans (wafer paper glossy side down); go as fast as possible. It gets harder and harder as the mixture cools down. Press down into desired shape and top with another wafer paper (glossy side up) – use a rolling pin to smooth it out. Let cool for 3 hours at room temperature or chill.

Tempering Milk Chocolate

≈ 1lb. (450g) milk chocolate ≈ 32% cocoa butter content (the higher the better)
Melt chocolate over water-bath to 105°F (40°C). wipe off the bottom of the bowl when removing it from the heat (water is the worst enemy of chocolate). Place melted chocolate in the refrigerator and let cool down; stirring every so often until the temperature reaches 77°F (25/26°C); chocolate will begin to set on the sides of the bowl; scrap it out.. Carefully, rewarm chocolate to 84/86°F (29/30°C).

Glazing: Pat dry the log if previoulsy chilled and glaze – allow to set a bit and run a spatula to create a ructic effect.
Slicing the log: warm up serrated knife’s blade in hot water; clean the blade after each slice.
Nougat slices can be wrapped in clear caramel, chocolate and candy wrappers or wax paper or even plastic wrap for that kind.

Cleaning: Soak mixing bowl and utensils in boiling water and soap, let cool – wash and rinse or finish in the dishwasher but the knife.

Like most confectioneries, nougat is best stored between 57/61°F (14/16°C) and very low humidity for 3 months at least. Though, for household uses the refrigerator remains the best option during summer time and warm countries. Just leave nougat slices out for about 30 min or until it has soften enough to be enjoyed 😋 Bruno Albouze. www.brunoskitchen.net