

Torrone Italian Nut and Nougat Confection

Savannah · 29/09/2024



Prep Time

1 hr

Difficult

Medium

Servings

2 hrs 30 mins

Description

Italian torrone candy is very easy to make but it does take a while mostly standing at the stove and stirring But its worth it for the gorgeous nutstudded amazingly textured final product

Ingredients

- - 2 (8x10-inch) sheets wafer paper (edible rice paper) - 3 cups roasted almonds - 1 cup roasted pistachios - 1 ½ cups honey - 1 cup white sugar - 3 tablespoons white sugar - 2 large egg whites
- at room temperature - 1 pinch salt - 1 tablespoon lemon zest - ¼ teaspoon vanilla extract

Instructions

1. Line an 8x11-inch baking dish with plastic wrap
2. allowing ends to hang over the sides. Place 1 sheet wafer paper in the bottom of the lined dish. Place almonds and pistachios in a warm place to make them easier to mix in at the end. Pour honey into a heavy-bottomed pot. Add 1 cup plus 3 tablespoons sugar; cook over low heat with a spatula
3. stirring constantly
4. until mixture turns from grainy to silky and smooth
5. about 30 minutes. Remove the pot from heat. Place egg whites and salt in a mixing bowl. Whisk until whites form soft peaks
6. 3 to 4 minutes. Place the pot with honey mixture back on low heat. Gradually whisk 1/4 of the whipped egg whites into honey mixture; whisk in remaining egg whites in 3 more batches. Continue cooking over low heat
7. stirring constantly with a spatula
8. until mixture turns a brighter white and a ribbon of mixture on the surface does not immediately incorporate
9. about 40 minutes. You can add a few drops of mixture to a small bowl of ice cold water to test the consistency; ideally it should feel like soft clay. Whisk in lemon zest and vanilla. Add warm almonds and pistachios; stir to incorporate evenly. Transfer nougat mixture to the prepared baking dish; smooth the top with a clean
10. oiled spatula. Top nougat with remaining sheet wafer paper
11. shiny-side up. Lay plastic wrap over the top and press down evenly
12. tamping mixture down gently but firmly. Remove top plastic wrap. Allow nougat to sit at room temperature until cool
13. firm
14. and ready to cut
15. 1 or 2 hours. Lift the edges of overhanging plastic wrap to release nougat from the baking dish. Invert and remove plastic wrap from the bottom. Trim off the edges if plastic wrap is hard to remove. Cut torrone into 1-inch squares using a sharp serrated knife. Nut and Nougat Confection. Chef John Chef's Note If you don't have wafer paper
16. you can spray the plastic wrap with vegetable oil. Some people use cornstarch
17. but I'm not a fan.