



Cherry-Pistachio Nougat



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



40

CALORIES



64 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup cherries dried
- ☐ 1 large egg whites room temperature
- ☐ 0.5 cup honey
- ☐ 1 pinch kosher salt
- ☐ 1 cup pistachios unsalted
- ☐ 1.3 cups sugar

Equipment

- ☐ bowl

- ☐ frying pan
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ blender
- ☐ plastic wrap
- ☐ spatula
- ☐ candy thermometer

Directions

- ☐ Preheat oven to 325°F. Lightly coat bakingpan with nonstick spray. Line with plasticwrap, leaving a 1" overhang on all sides.Set aside.
- ☐ Spread out pistachios on a rimmedbaking sheet and bake, stirring once, untiljust beginning to turn light golden brown inspots, about 10 minutes.
- ☐ Let cool. Coarselychop and set aside.
- ☐ Combine sugar, honey, and 2 tablespoons waterin a small deep heavy saucepan. Stir overmedium heat until sugar dissolves. Attacha candy thermometer to the side of pan.Increase heat and boil until thermometerregisters 252°F, about 3 minutes.
- ☐ Meanwhile, beat egg white and salt in astand mixer fitted with a whisk attachmentuntil soft peaks form.
- ☐ With mixer running, gradually streamhot syrup into egg whites. Beat untilmeringue is thick, has tripled in volume,and has cooled slightly, 10–12 minutes.
- ☐ Remove the bowl from the mixer and addcherries and pistachios to meringue;mix nougat with a rubber spatula todistribute evenly.
- ☐ Place one 8x8" sheet of rice paper (or8x8" sheet of parchment paper sprayedwith nonstick spray) in the prepared pan.
- ☐ Transfer nougat to pan, spreading in aneven layer. Top with second sheet of ricepaper (or 8x8" sheet of parchment papersprayed with nonstick spray). Using anoffset spatula, press the nougat into an evenlayer.

- ☐ Let stand at room temperature until set, about 2 hours.
- ☐ Using overhang from plastic wrap, lift nougat out of pan and transfer to a work surface; discard plastic. Run a large sharp knife under hot tap water; wipe dry.
- ☐ Cut nougat crosswise into 4 strips, then cut each strip crosswise into 10 pieces, occasionally reheating knife under hot water and wiping dry. DO AHEAD: Can be made 1 week ahead. Store airtight at room temperature.

Nutrition Facts



Properties

Glycemic Index:3.06, Glycemic Load:6.47, Inflammation Score:-1, Nutrition Score:0.87913042541755%

Nutrients (% of daily need)

Calories: 63.79kcal (3.19%), Fat: 1.43g (2.2%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 12.67g (4.22%), Net Carbohydrates: 12.13g (4.41%), Sugar: 11.55g (12.84%), Cholesterol: 0mg (0%), Sodium: 3.12mg (0.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.91g (1.82%), Fiber: 0.54g (2.16%), Manganese: 0.04mg (2.1%), Copper: 0.04mg (2.09%), Vitamin B6: 0.04mg (1.77%), Vitamin A: 88.65IU (1.77%), Phosphorus: 14.72mg (1.47%), Vitamin B1: 0.02mg (1.43%), Iron: 0.18mg (1.01%)