

STARTER & SNACK

French Nougatine

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
540 min	40 min	500 min	8	\$3.33	456 kcal



The recipe French Nougatine can be made in about 9 hours. This recipe serves 8 and costs \$3.33 per serving. Watching your figure? This gluten free and lacto ovo vegetarian recipe has 491 calories, 8g of protein, and 24g of fat per serving.

Ingredients

☐ ¼ teaspoon almond extract	☐ 4 egg whites
☐ 1½ cups heavy cream	☐ ½ teaspoon lemon zest
☐ ½ cup framboise liquor	☐ 4 ounces shelled pistachios
☐ 1 pint fresh raspberries	☐ 6 cups raspberries
☐ 1 pinch Pinch salt	☐ ½ cup sugar
☐ 4 ounces sugar, divided	☐ 1 teaspoon vanilla extract

EQUIPMENT Food processor, Bowl, Frying pan, Sauce pan, Oven, Plastic wrap, Loaf pan

Method

- 1 Preheat the oven to 350 degrees.
- 2 Roast the pistachios in the oven for 10 minutes and immediately transfer to a sheet pan. When the pistachios are cool, transfer them to a greased sheet pan.
- 3 Line a 1 pound (4 1/2-by-8 1/2-by-2 2/3-inch) bread loaf pan with plastic wrap.
- 4 Combine the 4 ounces of sugar with 3 tablespoons water in a small heavy saucepan. Cook until caramel is light amber. Immediately pour over the pistachios and give them a quick shake. Allow the brittle to cool, then chop it into pistachio-size bits. Set aside. Whip the egg whites with the pinch of salt until stiff, set aside in a large bowl.
- 5 Whip the heavy cream with the 1 cup of sugar, vanilla and almond extracts. Fold the egg whites and whipped cream gently together.
- 6 Add the chopped nut praline and fold it into egg/whipped cream mixture.
- 7 Place the mixture into the lined loaf pan.
- 8 Fold the plastic wrap over the top to cover. Freeze 8 hours or overnight.
- 9 For the sauce, blend the raspberries, sugar and lemon zest in a food processor. Strain the mixture and refrigerate.
- 10 At least 20 minutes before serving, combine 1 pint of fresh raspberries with the framboise in a small bowl and macerate.
- 11 When ready to serve, remove the nougatine from loaf pan, unwrap, and slice.
- 12 Serve each slice with the berry sauce and/or macerated raspberries.

Nutrition per serving

456

KCAL

8 g

PROTEIN

24 g

FAT

50 g

CARBS

Saturated Fat	11.1 g · 69% of daily needs
Fibre	11.2 g · 45% of daily needs
Sugar	35.8 g · 40% of daily needs
Sodium	43.9 mg · 2% of daily needs
Cholesterol	50.4 mg · 17% of daily needs
Vitamin C	40.3 mg · 49% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/french-nougatine-142465