

# Nougat Glace

a recipe from [www.maureenabood.com](http://www.maureenabood.com)

*This soft ice cream is made of a frozen mousse-like mixture of meringue and whipped cream, and it does not require an ice cream maker. I've studded mine with caramelized almonds and fresh cherries...but anything goes, especially candied or dried fruits or simple roasted nuts. Nougat glace is typically flavored with honey. I prefer mine with vanilla, but you can omit the vanilla and instead add a tablespoon of honey to the sugar syrup before it comes to a boil. The classic way to serve nougat glace is with a fruit coulis.*

For the caramelized nuts (*optional*; otherwise use the plain roasted nuts):

1 cup sugar  
½ cup whole roasted almonds, room temperature

For the mousse:

2 cups whipping cream  
5 egg whites, room temperature  
¼ teaspoon cream of tartar  
1 cup sugar  
½ cup water  
1 teaspoon vanilla

15 cherries, pitted and chopped

For the cherry coulis (*optional*):

2 cups cherries, pitted and chopped  
½ cup water  
½ cup sugar  
¼ cup lemon juice

Line a 10" loaf pan with plastic wrap both crosswise and lengthwise, leaving a sling overhang.

*For the nuts:*

In a small heavy sauce pan over medium high heat, melt the sugar, stirring occasionally. Adjust heat lower to avoid burning, which can happen swiftly, so keep a close eye. Once the sugar is melted and amber, add the nuts and stir, coating the nuts and cooking them for about a minute. Pour onto a silpat or oiled sheet pan, taking great care because this mixture is extremely hot. Cool completely and chop into small pieces.

*For the mousse:*

Whip the chilled cream to soft peaks. Chill. Clean the bowl of the mixer thoroughly. Add egg whites and whip until foamy. Add the cream of tartar and continue to whip until soft

peaks form. Turn off the mixer. In heavy small sauce pan over medium high heat, combine the sugar and water. Heat until the mixture reaches the soft ball stage (260 degrees). Remove from the heat. Turn the mixer back on medium high and slowly pour the syrup into the egg whites. Add the vanilla and continue beating for 3 minutes. Allow the mixture to cool.

Fold the chilled whipped cream, candied almonds, and cherries gently into the meringue. Scrape the nougat into the prepared loaf pan and smooth the top. Freeze for 8 hours.

*For the coulis:*

In a small heavy saucepan over medium high heat, bring cherries, sugar, water, and lemon juice to a boil. Simmer for 8 minutes, or until the fruit breaks down (there will still be chunks of fruit). Cool slightly and puree the mixture in a blender or processor, then pour through a sieve into a bowl, pressing on solids to release juices. Chill.

To serve the nougat glaze, remove from the loaf pan and place on a platter. Run a sharp chef's knife under hot water and slice 1-inch pieces, rinsing the knife after each cut. Spoon some of the coulis on a dessert plate and top with the nougat glaze slice.

Makes 10 servings.