

Nougat ice cream (pistachio & raspberry)

Ingrédients

- 60g egg whites
- 40g water
- 150g sugar
- 500g 35% fat liquide cream
- 200g pistachios

Préparation

1. A new idea for an ice cream dessert without an ice cream maker or oven!
2. for this iced nougat you will only need a thermometer and an electric mixer to be able to treat yourself after a few minutes of preparation I made it in pistachio/raspberry version, but you can put the nuts of your choice and replace the raspberry coulis by another fruit or caramel, chocolate; some ideas to inspire you: pistachio/apricot coulis, hazelnut/caramel, almond/dark chocolate, pecan/milk chocolate, hazelnut/passionfruit, almond/blueberry.
3. Prep time : 30 minutes + time in the freezer For a 25 to 30cm cake mold : Italian meringue : egg whites water sugar Prepare a syrup with water and sugar.
4. When the syrup reaches 110°C, start whipping the egg whites.
5. When it reaches 121°C, pour it over the whites, which should be frothy but not firm.
6. Whip at maximum speed until the meringue is smooth, glossy and cooled.
7. The whipped cream : 35% fat liquide cream Whip the liquid cream into a whipped cream.
8. The iced nougat : pistachios Raspberry coulis + fresh raspberries Mix the Italian meringue and whipped cream, then add the pistachios.
9. Pour the mixture into a cake tin lined with cling film and place in the freezer.
10. When the iced nougat is set, unmould it, then serve it with a raspberry coulis and fresh raspberries.
11. Enjoy!