Torrone di Cremona – nougat with vanilla and citrus

by Valeria Necchio

Ingredients

Torrone di Cremona

- 300g of runny honey, mild in flavour
- 300g of caster sugar
- 100g of water
- 3 egg whites
- 200g of hazelnuts
- 400g of blanched almonds
- 100g of candied peel, finely chopped
- 1 tsp vanilla extract
- 2 unwaxed lemons, zested

Method

1. Line a baking sheet with cling film and place a couple of wafer paper sheets on top. Set aside.

2. Heat the honey in a double boiler. Once hot and very runny, lower the heat and reduce for about 30 minutes, stirring often with a wooden spoon, until darker and thicker.

3. In a separate saucepan, whisk the sugar in the water until dissolved. Set the saucepan over a low heat and bring to a simmer. Cook for about 30 minutes, stirring all the while, until the sugar has partially caramelised and the mixture has thickened.

4. In a bowl, whisk the egg whites to stiff peaks. Fold through the honey a little at a time until incorporated.

5. Pour over the sugar and stir to combine, then transfer to a saucepan. Cook the mixture over a very low heat for 20 minutes, stirring continuously to prevent sticking and burning.

6. Remove the egg, sugar and honey mixture from the heat and add the remaining ingredients, stirring until they are evenly combined.

7. Transfer the torrone mixture to the lined baking sheet and press it down until level and around 2cm thick, whilst also making it fit within the edges of the wafer paper. Top with more wafer paper, then cover with more cling film and use a meat pounder or rolling pin to smooth the surface if it appears uneven.

8. Allow the torrone to cool down completely. Using a sharp knife, trim the edges to make them even. Cut the torrone in bars or small squares and store wrapped in parchment paper.