

## Honey Nougat Ice Cream

This delicious honey ice cream made with almonds and pistachios has a flavour reminiscent of nougat.

When making honey ice cream it is best to use a mild honey as otherwise the honey will overpower the delicate flavour of the ice cream. Honeys that would be suitable include wildflower, blackberry, sunflower, butterfly weed and orange blossom honey.

### *Ingredients*

1/2 cup honey  
1/4 cup sugar  
1/4 cup water  
1 large egg white  
pinch of salt  
  
1 cup whipping cream  
1/2 cup slivered almonds,  
dry roasted and chopped  
1/4 cup unsalted pistachios,  
chopped

### *Method*

Combine the honey, sugar and water in a saucepan over medium heat and stir continuously until the sugar dissolves. When the sugar has dissolved increase the heat and boil, without stirring for 1 minute.

Meanwhile, using an electric mixer, beat the egg white with a pinch of salt in a medium bowl until soft peaks form.

Gradually pour hot syrup over the egg white mixture, beating constantly. Continue beating meringue until very stiff, about 4 minutes. Let stand until cool, about 10 minutes.

Beat cream in large bowl until soft peaks form. Fold into honey meringue. Fold in chopped nuts.

