



pistachio, saffron and honey torrone

edible rice paper
1/3 cup liquid glucose
1 1/3 cups caster sugar
1/2 cup water
1/3 cup honey
2 egg whites
2 pinches of saffron, finely ground
1 teaspoon vanilla essence
150g pistachio nuts, toasted and chopped

Line a 15cm square tin with plastic wrap, leaving enough to cover the top later. Cut a square of rice paper to fit the base of the tin and place it in the base.

In one pot, put the liquid glucose, sugar and water and heat, stirring until the sugar has dissolved. Increase the heat, brushing down any sugar that has stuck to the sides. Bring to the boil; the temperature needs to reach 150oC.

In a second pan, bring the honey to the boil. Again, the temperature needs to reach 150oC.

In a cake mixer beat the egg whites until stiff peaks form. Continue beating and, in a thin stream, pour in the hot glucose and sugar syrup, then add the honey.

Add the saffron and vanilla and beat until thick. Fold the pistachio nuts through and pour mixture into prepared tin. Cover with a sheet of rice paper and fold over the plastic wrap.

Weight down and leave refrigerated for several hours until firm.

Cut into small squares. Wrap each square separately and store in refrigerator.

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