

## CHAPTER VI

## MARZIPANS AND NOUGATS

MARZIPAN is a German delicacy which has become a prime favourite this side of the Channel.

It consists of a paste made from almonds and sugar. There are two kinds of marzipan known in Germany, "Lübbecke" and "Königsburg." The former is sold in large slabs, sometimes plain, frequently iced and decorated, whilst the latter is formed into miniature breakfast rolls.

Marzipan is a very plastic substance and much beautiful modelled work, both fruits and flowers, can be made from this material when skilfully manipulated. It can also be moulded in various ways, as described under "moulded marzipan."

## "Old German Recipe."

The following is a genuine old German recipe, and gives excellent results. The almonds can be browned in our Scotch ovens or under a gas grill instead of by means of the homely red-hot bricks.

*Method.*—Take one pound of sweet and some bitter almonds. Boil them and pour cold water over them, and then rub off the skins with a coarse towel. Spread them on towel for six hours till all moisture has been absorbed, and then toast them in front of red-hot bricks. Then pound them in a mortar, adding one pound powdered sugar and three or four spoonfuls of rose water.

Knead well, and then leave to mellow for three or four days. Form then into little rolls with the hand. Brown

them under red-hot bricks, and sprinkle with rose water. Then place them in small paper cases.

## Marzipan—French Chef's Recipe.

*Ingredients*—

120 grammes almonds (a good $\frac{1}{2}$ lb.).		1 tablespoonful glucose.
250 grammes loaf-sugar (a good $\frac{1}{2}$ lb.).		$\frac{1}{2}$ gill water.

*Method.*—Blanch and pound almonds with a little "Kirsch" to a paste. Boil sugar, water, and glucose to  $245^{\circ}$  and add syrup to pounded almonds, and continue pounding in mortar till well mixed.

Put mixture into pan and stir over fire till white and creamy. Turn out on slab and work with spatula till stiff. Dust hands with icing sugar and knead till smooth.

This marzipan makes excellent fillings for fruits.

## Marzipan (Simple Method).

*Ingredients*—

4 oz. ground almonds.		8 oz. icing sugar.
		Whites of 2 eggs.

*Method.*—See that icing sugar is free from lumps. Mix with it almonds. Add whites of eggs and pound all together in a mortar till smooth. *knead well 15 min.*

If mixture seems the least bit wet, add more sugar. Then knead well till a smooth firm paste is formed.

## Rich Marzipan.

*Ingredients*—

8 oz. ground almonds.		1 yolk of egg.
12 oz. icing sugar.		About 2 tablespoonfuls water.

*Method.*—Put almonds and sugar into pan; add water, egg, and a few drops vanilla essence. Stir till it becomes a stiff paste. Then turn out and knead, adding a little more icing sugar if required.

**Boiled Marzipan.***Ingredients—*

$\frac{1}{2}$ lb. granulated sugar.	$\frac{2}{3}$ gill of water.
6 oz. ground almonds.	1 white of egg.
1 tablespoonful icing sugar.	

*Method.*—Put sugar into pan, add water and dissolve in usual manner, then boil up to 242°. Remove from fire, add almonds and white of egg; stir vigorously.

Return pan to fire long enough to cook egg.

Pour mixture on to slab (it ought to look at this stage very like our well-known "porridge") and work it with spatula until it cools somewhat and thickens.

Then knead in icing sugar and continue this process till marzipan is smooth and firm.

**Moulded Marzipan.**

*Method.*—Make up marzipan according to above recipe. Divide into four parts, colouring them pink, brown, green, and leaving one-fourth white.

This is now ready for moulding into various fancy shapes.

The moulds used are fully described in the chapter on "Utensils," and may be had in a large variety of designs. Almonds, pea-pods, shrimps, roses, pansies, marguerites, strawberries, and rasps being among the favourite designs.

The method of moulding one or two of these will serve as examples of this process.

**The Marzipan Almond.**

*Method.*—Take a piece of brown marzipan and shape it into a long roll, thickness of a pencil. Cut it into equally-sized pieces and roll into oval centres.

Press one centre into each half of mould and, if liked, place an almond in centre.

Press two halves of mould together, and when opened almond should drop out.

**The Marguerite.**

*Method.*—Make a tiny ball of yellow marzipan and place in centre of flower.

Fill petal part of mould with white marzipan, and calyx portion with green marzipan.

Press halves together, and then open the mould when the moulded flower should drop out.

Those with an eye for colour can make endless variety in the colouring of different moulded sweets.

These must be crystallized after moulding.

**Strawberries.**

*Method.*—These are made in special single moulds. Fill mould well with white marzipan and then shake out.

Colour the outside to imitate the strawberry with confectionery vegetable colourings, and complete by placing cambric husk in position.

**Marzipan Potatoes.***Ingredients—*

1 tablespoonful fondant No. 2.	1 tablespoonful ground almonds.
Cinnamon and icing sugar.	

*Method.*—Mix fondant and almonds together in a small pan. Then turn out, and when cool form into round and oval shapes.

Roll in a mixture of ground cinnamon and icing sugar.

To make "eyes" prick in two or three places with a skewer.

**Marzipan Walnuts.**

*Method.*—Make balls of marzipan and press on each side a half walnut.

Brush marzipan with white of egg and roll in coloured sugar.

The marzipan may be coloured any shade liked, but the colour of the sugar must always correspond with it.

### Butter Prints.

*Method.*—Take some marzipan prepared as for moulding and tint with warm yellow.

Get a small wooden butter print, mould, and after seeing that it is thoroughly dry, wipe it out with a cloth dipped in pure salad oil.

Fill mould with marzipan and proceed in exactly the same way as in making butter prints.

### Marzipan Fancies.

*Method.*—By means of a little ingenuity and good taste, endless variety of pretty sweets can be fashioned from marzipan and crystallized fruits without the use of moulds.

Various coloured marzipans can be arranged in layers and cut into blocks or shaped into rolls, or cut out with small fancy cutters.

### Nougats.

Nougat is another toothsome dainty which has been imported into this country, and, like marzipan, has come to stay.

It consists of a mixture containing white of egg, almonds, and flavoured with honey.

There are two distinct varieties, white and brown nougat, and examples of both are given.

#### Nougat Montelimart.

##### Ingredients—

2 oz. of honey.	10 oz. granulated sugar.
1 white of egg.	1 gill of water.
4 oz. almonds.	1 oz. glucose.
1 oz. sugared almonds.	Vanilla.
1 oz. pistachios.	Wafer paper.

*Method.*—Line nougat frame neatly with wafer paper. Beat up white of egg stiffly. Put honey into a double

boiler and when melted add white, and cook the two together till quite firm.

Boil sugar, water, and glucose together to 265°. Add this syrup to honey and eggs, and add nuts and pistachios. Continue cooking till sugar cracks when dipped in cold water.

Pour into papered frame. Cover with wafer paper and set aside till cold.

When quite cold cut up into thin bars and roll in wax paper, tinfoil, or gelatine paper.

### French Nougat.

##### Ingredients—

3 oz. honey.	3 oz. almonds.
2 whites of eggs.	3 oz. crystallized fruits.
$\frac{1}{4}$ lb. icing sugar.	1 dessertspoon glucose.

*Method.*—Put whites, honey, glucose, and sugar into an egg bowl and beat over a slow fire for about half an hour. Then test in cold water and remove when firm enough to crack. Then stir in nuts and fruits chopped.

Press into nougat frame lined with wafer paper and leave under weights till cold. Then cut up into bars and roll in wax paper, tinfoil, or gelatine paper. Keep in tins till required.

### Violet Nougat.

*Method.*—Make nougat by same recipe as nougat montelimart.

Colour violet and add violet essence instead of vanilla, and substitute violet petals for sugared almonds and pistachios.

### Cherry Nougat.

*Method.*—Make after recipe for French nougat. Colour pink, flavour with cherry, and substitute glacé cherries for crystallized fruits.

**Nougat Dur.***Ingredients—*

4 oz. almonds.		1 dessertspoon glucose.
4 oz. granulated sugar.		

*Method.*—Blanch, chop, and gently brown the almonds. Put glucose and sugar together in a small pan and melt without stirring. When sugar is quite liquefied add nuts and mix well together.

Turn mixture on to oiled slab and roll out thinly.

Cut into small squares for coating either with chocolate, or with glacé royale.

**CHAPTER VII****"CHOCOLATES"**

CHOCOLATE covering is one of the most fascinating branches of sweet-making.

In exhibitions an interested group can always be seen watching the process of chocolate making.

Chocolate consists of ground cocoa-nibs containing varying proportions of the original cocoa-butter, and may be had sweetened or unsweetened.

The various couvertures or chocolates vary greatly in consistency, and a good quality should always be used as cheap makes consist largely of sugar, starch, and vegetable fats, other than cocoa-butter.

**Chocolate Covering No. 1.***Ingredients—*

$\frac{3}{4}$ lb. chocolate.		Cocoa-butter.
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*Method.*—Cut up chocolate roughly and melt down carefully in a small pan over a gentle heat, stirring all the time till the chocolate is quite smooth.

The amount of cocoa-butter to be added varies with the chocolate used. Some chocolates require one or two ounces of cocoa-butter added to the pound of chocolate, whilst other makes require no such addition.

When chocolate is quite smooth, add sufficient cocoa-butter to make it a right consistency for coating.

Stir chocolate till cold and set. Then reliquefy by subjecting to a gentle heat, till chocolate is thin enough to coat with.