

Gentlemen's Class 2022

Five Macaroons

The Recipe

Almond Macaroons – makes 10-12.

Ingredients

- 112g ground almonds,
- 60g caster sugar,
- 1 egg white,
- 10 blanched almonds (optional).

Method

- STEP 1
Heat the oven to 180C/160C fan/gas 4. Line a large baking sheet with baking parchment.
Put the ground almonds and sugar in a large mixing bowl and mix to combine.
- STEP 2
In a separate bowl, beat the egg whites until foamy, then add to the almond and sugar mixture.
Stir well – it will form a slightly sticky mixture but should hold its shape.
- STEP 3
Wet your hands lightly and roll a heaped teaspoon of the mixture into a ball between your palms – it should be about 4cm in diameter.
Put on the tray and flatten slightly with wet fingers to a thick disc, leaving at least 3cm between each biscuit. Press a blanched almond into each one, if you like.
- STEP 4
Bake for 18-20 mins until just starting to turn golden around the edges, then remove from the oven and leave to cool on a wire rack.
You want them to have a chewy, soft centre and the darker they get the harder the middle will be.