



lemony almond macaroons

Servings
35 servings

Prep Time
15 minutes

Cook Time
35 minutes

Kosher Key
Parve

Description

Learn to make Lemony Almond Macaroons & learn the Italian history of macaroons. Inspired by Sephardic Jewish tradition. Kosher for Pesach, pareve

Ingredients

- 1 1/2 cups shredded coconut flakes
- 1 1/2 cups blanched skinless almond slivers
- 3/4 cup granulated sugar
- 1 tbsp fresh lemon juice
- 1 tsp lemon zest
- 1 tsp almond extract
- 1/2 tsp vanilla
- 2 large egg whites
- Pinch salt

Recipe Notes

You will also need: Food processor, parchment paper or nonstick silicone baking mat

Instructions

1. Preheat your oven to 325 degrees F. In this recipe, you can use either grated fresh coconut or dried coconut flakes. If using dried coconut, rehydrate it by pouring it into a bowl and covering it with warm water.
2. Let the coconut soak for 5 minutes, then drain. Squeeze all the excess liquid out firmly with your fingers. Proceed with recipe. If using fresh coconut, no need to prep it-- simply proceed with recipe.

3. Place almond slivers and coconut in a food processor, pulse into fine crumbs. Add 3/4 cup of sugar, lemon zest, lemon juice, almond extract, vanilla, egg and salt to the food processor. Process for about 1 minute until the mixture becomes a sticky mixture of fine crumbs.
4. Line a baking sheet with parchment paper or a silpat. Place rounded tablespoonfuls of the coconut mixture onto the baking sheet, evenly spaced, forming the mounds into haystack-like shapes.
5. Place the macaroons in the oven and let them bake for 30-40 minutes, till the tops of the haystacks turn golden brown.
6. Remove the macaroons from the oven and allow to cool directly on the baking sheet. Do not try to remove them before they'll cool; when hot, they are delicate and prone to crumbling. They become firmer as they cool. When cooled completely, gently pull them from the baking sheet. The bottoms should be golden brown.
7. Store macaroons in a sealed, airtight plastic container. When fresh from the oven, the macaroons will be crisp on the outside, soft inside. They become softer over time when stored in a sealed container.

Nutrition Facts

Lemony Almond Macaroons

Amount Per Serving

Calories 71

Calories from Fat 45

% Daily Value*

Total Fat 5g	8%
Saturated Fat 2g	10%
Sodium 5mg	0%
Potassium 55mg	2%
Total Carbohydrates 6g	2%
Dietary Fiber 1g	4%
Sugars 4g	
Protein 1g	2%
Vitamin C	0.4%
Calcium	1.2%
Iron	1.6%

* Percent Daily Values are based on a 2000 calorie diet.