KALI OREXI

sharing our Greek culinary heritage

Ianna's Amigdalota (Almond Macaroons)

For the amigdalota

4 egg whites

500g almond meal

350g icing sugar

1 heaped tablespoon jam

2 teaspoons vanilla extract

1 teaspoon almond essence (optional)

300g almond flakes

Making the amigdalota

Preheat the oven to 200°C.

Gently beat the egg whites in a small bowl with a fork for about 30 seconds. Transfer the beaten egg whites to a larger bowl and add the almond meal, icing sugar, jam and vanilla extract. For a stronger almond flavour, add the optional almond essence. Use your hands to massage all of the ingredients together.

Cover the mixture with a piece of baking paper and refrigerate for 15 – 20 minutes or until the mixture is firm to the touch.

Remove the mixture from the refrigerator.

Use a soup-spoon to scoop out a spoonful of the mixture and roll it into a ball about the size of a plum. Roll the ball in almond flakes and place onto a baking tray lined with baking paper. Allow sufficient room on the baking tray(s) for the amigdalota to spread a little whilst baking. Repeat until all the mixture has been used.

Baking the amigdalota

Bake the amigdalota for 10 – 12 minutes or until lightly golden-brown in an oven preheated to 200°C. The amigdalota will continue to brown a little when they are removed from the oven.

Serving the amigdalota

The amigdalota will be quite soft when they are first removed from the oven, so allow them to cool for 10 minutes before handling them.

The amigdalota are best eaten within a week.

Recipe makes 35 pieces.