

Macaroons

by Molly Yeh from The 100 Most Jewish Foods, A Highly Debatable List

Ingredients

2 cups sweetened shredded coconut*
2 large egg whites
¼ teaspoon kosher salt
2 Tablespoons sugar
1½ teaspoon vanilla extract.

Instructions

Preheat the oven to 350°.

Process the coconut in the bowl of a food processor for 2 minutes until it is ground to a fine meal.

*To sweeten unsweetened coconut you can add a tablespoon of powdered sugar to the coconut in the processor.

In the bowl of a stand mixer fitted with a whisk attachment, beat the egg whites and salt on high for 1-2 minutes until soft peaks form. Gradually add the sugar and beat for 2-3 minutes more until stiff peaks form. Beat in the vanilla. Gently fold in the coconut by hand with a rubber spatula. (Note: I used a hand mixer)

Transfer the mixture to a large piping bag filled with a ½ inch star tip. Pipe 1-inch macaroons onto the prepared baking sheet, spacing them 1 inch apart. (Note: I didn't have a piping bag but made one out of a ziplock bag. No star tip, though)

Bake until browned on the bottom and on the edges, 16-18 minutes. Let cool for 5 minutes on the pan, then transfer to a wire rack to cool completely. The macaroons will keep in an airtight container at room temperature for up to 3 days.

Beth's Notes

The macaroons turn out just as well if you don't grind the coconut to a fine meal. The second batch I made had more texture and was more akin to the macaroons that are served at Passover. I used a small scoop for this batch instead of trying to pipe them