



FEBRUARY'S RECIPE:

COCONUT MACAROONS

Coconut macaroons are very sexy food. Pull them out of your repertoire for a very special occasion.

Preparation time: 15 mins

Cooking time: 30 mins

Makes: 24

Ingredients

Method

1/4 cup almonds
4 egg whites
1/4 teaspoon cream of tartar
1/2 teaspoon baking powder

Blanch the almonds then grind them to a coarse meal. Beat the egg whites with the cream of tartar until they begin to stiffen then add the baking powder.

3/4 cup maple syrup
Generous splash rosewater
3 cups dessicated coconut

In another bowl combine the ground almonds with all the other ingredients. Fold in the egg whites. Spoon the mixture onto a greased baking tray, one tablespoon per macaroon loosely shaped into rounds. Bake for 30 minutes at 300 F/Gas Mark 2. Remove from the tray while still warm.

Energetics

Coconut tends to warm and nourish the Heart and this sweet treat will uplift the spirit. The egg whites and almonds nourish the Lung. As with all very sweet foods, a little will be beneficial but too much will overwhelm the Spleen and undo its benefits.