

# Coconut Macaroons

Macaroons are my answer to left over egg whites. (See recipe for mayonnaise on page 96.) These particular coconut macaroons are disgracefully simple to make, they store well, and they even freeze beautifully. (In fact, I have served them directly from the freezer.) You can generally find dried unsweetened shredded coconut in the bulk food section of natural food stores or packaged by Bob's Red Mill.

*(Makes about 2 dozen)*

2 egg whites (scant 1/3 cup)  
1/2 cup white sugar  
1 teaspoon pure almond extract  
1/4 teaspoon salt

2 cups dried unsweetened shredded coconut

***Preheat oven to 350 degrees. Set rack in middle of oven. Mist baking sheet with non-stick spray.***

1. Whisk egg whites, sugar, almond extract, and salt in a mixing bowl until well blended.
2. Add coconut and mix thoroughly with a large fork or a sturdy rubber spatula. The mixture should be thick and sticky.
3. Form walnut-sized mounds of mixture and place about an inch apart on the oiled baking sheet. The cookies won't spread unless the mixture is too wet. *(Stir mixture if it sits for a while, as the egg white tends to settle.)*
4. Bake at 350 degrees in the middle of the oven for 20 minutes, or until macaroons

are golden top and bottom. Transfer from baking sheet to cooling rack with a thin-edged metal spatula. Store in covered container for a week (I've kept them successfully for 2 weeks) or store for a few months in the freezer, very well sealed.

## **Note:**

► The easiest way I have found to form the cookies is with the tablespoon from my Oxo measuring spoon set – it makes a perfectly shaped macaroon. I scoop it full of the coconut mixture and then scrape off the excess on the edge of the mixing bowl, and unmold it with a firm tap on the cookie sheet. If you rinse the spoon every 4 cookies or so you will have a nice clean mound every time, with none sticking to the inside of the spoon.

► Macaroons made with a wetter mixture will spread slightly as they cook, be chewier, and will last longer.

## *For Almond Macaroons*

Replace all or part of the coconut with toasted ground almonds. *(See directions for toasting slivered almonds on page 174.)* Depending on the proportion of almonds to egg white, the cookies may spread a bit; place them at least 1 1/2 inches apart on the baking sheet. Otherwise, the other ingredients and instructions are the same. I love these cookies but they can be too hard for some. It is safer to err on the side of too wet for this batter; if crunchiness is a problem, a thinner cookie is better.

Excerpted from *Good Food, Great Medicine*. For more information see: [www.goodfoodgreatmedicine.com](http://www.goodfoodgreatmedicine.com)