



AMARETTI

By Michael Chakraverty

RED
NOSE
DAY

FUNNY
IS POWER

FRIDAY 19 MARCH

YOU'LL NEED

- ▶ 3 large egg whites (or 120ml egg white)
- ▶ Pinch of cream of tartar
- ▶ 280g ground almonds
- ▶ 280g caster sugar
- ▶ Zest of one lemon
- ▶ ½ tsp vanilla extract
- ▶ 15-30ml lemon juice

For rolling, place the below on two separate plates:

- ▶ Caster sugar
- ▶ Icing sugar



Method

1. Pre-heat the oven to 170°C (155°C for fan ovens). Line two large baking trays (this recipe makes about 32 biscuits).
2. Whisk egg whites – starting on a low speed and slowly increasing until soft peaks form. Add the cream of tartar and whisk until the mixture reaches stiff peaks.
3. Mix together the ground almonds, sugar and lemon zest, and fold into the egg whites in three batches.
4. Stir in the vanilla extract and 15ml lemon juice to create a thick paste (that you can form into a sticky ball in your hand – add more juice if you need to, but err on the side of caution).
5. Roll a walnut-sized ball of dough in the palm of your hand – I go for about 15g per ball. It will be very sticky!
6. Roll the ball in the caster sugar (this will make it chewy), then the icing sugar.
7. Place on the baking tray, leaving a bit of space between each as they'll expand slightly. Press down gently to squash them a tiny bit.
8. Bake for 10-15 minutes until the cracks are golden. Cool completely on a cooling rack if you can bear not eating them all immediately.

