

Chocolate Macaroons

Tree House for Grown-Ups | April 2008



Expect these extra-chocolatey gems to be crisp on the outside and fudgy on the inside. Do not overbake, or they will be dry.

PREP: 30 MINUTES BAKE: 10 MINUTES/BATCH OVEN: 350°

- 1 1/2 OZ. UNSWEETENED CHOCOLATE, CHOPPED
- 1 1/2 OZ. SEMISWEET CHOCOLATE, CHOPPED
- 1 CUP BLANCHED ALMOND PIECES
- 1 CUP GRANULATED SUGAR
- 1/4 TSP. SALT
- 1/3 CUP EGG WHITES (ABOUT 3 EGG WHITES)
- 1/2 TSP. VANILLA EXTRACT
- 1/4 TSP. ALMOND EXTRACT
- 1 CUP FINELY CRUSHED SUGAR CUBES

Put chocolates in a small, heatproof bowl and melt over hot but not boiling water. When melted, stir until smooth; set aside.

Put the almonds and half of the granulated sugar in a food processor or blender, and process until the almonds are finely ground. Transfer to a mixing bowl and stir in the remaining granulated sugar, salt, egg whites, melted chocolate, and extracts until thoroughly blended. If the cookie dough seems loose, let it sit for a few minutes at room temperature, and it will soon firm up enough to be shaped into balls. If dough doesn't firm up at room temperature, cover and chill for about 1 hour or until firm before shaping. (At this point, the cookie dough may be refrigerated for up to 3 days before you proceed with the recipe.)

To shape and bake the cookies, use a melon-baller or teaspoon to scoop up and shape the dough into balls (about 1 inch each). Moisten the palms of your hands with cold water to prevent dough from sticking and roll the balls of dough between your palms to make them perfectly round and smooth. Then roll each ball in the crushed sugar cubes until thoroughly coated. Place on a parchment-lined cookie sheet, allowing 1 inch between cookies, and bake in a 350° oven for 10 to 12 minutes, until the cookies are set and crackled on top. Do not overbake. Allow the cookies to cool slightly before transferring them from the baking sheet to a cooling rack. When the cookies are completely cooled, store them in an airtight container for up to 3 days. Makes about 3 dozen cookies.

Per serving: 80 cal., 3 g total fat (1 g sat. fat), 0 mg chol., 21 mg sodium, 13 g carbo., 1 g dietary fiber, 1 g protein.