

# Macaroons

## Ingredients

1/2 lb. of sweet almonds, 1/2 lb. of sifted loaf sugar, the whites of 3 eggs, wafer-paper. [Illustration: MACAROONS.]

## Method

Blanch, skin, and dry the almonds, and pound them well with a little orange-flower water or plain water; then add to them the sifted sugar and the whites of the eggs, which should be beaten to a stiff froth, and mix all the ingredients well together. When the paste looks soft, drop it at equal distances from a biscuit-syringe on to sheets of wafer-paper; put a strip of almond on the top of each; strew some sugar over, and bake the macaroons in rather a slow oven, of a light brown colour when hard and set, they are done, and must not be allowed to get very brown, as that would spoil their appearance. If the cakes, when baked, appear heavy, add a little more white of egg, but let this always be well whisked before it is added to the other ingredients. We have given a recipe for making these cakes, but we think it almost or quite as economical to purchase such articles as these at a good confectioner's.

*Source: Mrs Beeton's Book of Household Management (1861)*

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