

Ratafias

Ingredients

1/2 lb. of sweet almonds, 1/4 lb. of bitter ones, 3/4 lb. of sifted loaf sugar, the whites of 4 eggs.

Method

Blanch, skin, and dry the almonds, and pound them in a mortar with the white of an egg; stir in the sugar, and gradually add the remaining whites of eggs, taking care that they are very thoroughly whisked. Drop the mixture through a small biscuit-syringe on to cartridge paper, and bake the cakes from 10 to 12 minutes in rather a quicker oven than for macaroons. A very small quantity should be dropped on the paper to form one cake, as, when baked, the ratafias should be about the size of a large button.

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

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