

Recipe 1220

Ingredients

1 lb. of sweet almonds, 6 bitter ones, 1 lb. of very finely sifted sugar, the whites of 2 eggs.

Method

Blanch the almonds, and dry them thoroughly; put them into a mortar, and pound them well, wetting them gradually with the whites of 2 eggs. When well pounded, put them into a small preserving-pan, add the sugar, and place the pan on a small but clear fire (a hot-plate is better); keep stirring until the paste is dry, then take it out of the pan, put it between two dishes, and, when cold, make it into any shape that fancy may dictate.

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

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