

Gill's Gourmet Gallery

Coconut macaroons

Ingredients:

7oz flaked coconut
7oz desiccated coconut
1/2 cup castor sugar
1/4 cup self raising flour
1/4 teaspoon salt
5 egg whites
1/4 cup pistachio nuts or macadamia
1/4 cup dried pineapple, chopped finely
1/4 cup dried mango, chopped finely

Method:

Preheat oven to 160c fan.
Line a baking sheet with parchment paper.
In a large bowl combine flour, coconut, salt and sugar.
Add egg whites, stirring until well mixed.
Add the nuts and chopped fruit.
Stir until evenly distributed.
Drop the dough into rounded piles or mould using an eggcup.
2" apart on the baking sheet.
Bake until the edges are lightly browned, 18 to 20 minutes.
Let cool on the sheet for 2 minutes, remove and cool completely on a wire rack.
Keep in an airtight container or freeze until needed.

