

NUTRITION: Lazza's Kitchen

Chocolate Coconut Macaroons

**Lazza is still trying out new recipes
Today - his first Coconut Macaroons**

Most historians are inclined to believe that the macaroon originated in Italy, probably Venice, and was transported to France by sailors where it was further refined by French pâtissier techniques. The consensus is that the word "macaroon" comes from the Italian word ammaccare which means to crush.

A macaroon is coconut based, whereas a macaron is meringue based



- 3-4 sheets of rice paper
- 100g desiccated coconut
- 100g caster sugar
- 2 (medium-sized) egg whites
- 1tbsp plain flour
- 1 pinch of salt
- 1tsp vanilla extract
- Dark chocolate

1. Preheat oven to 160C/fan.
2. Line a baking tray with greaseproof paper and then the rice paper
3. Mix the desiccated coconut, sugar, flour, salt, vanilla extract and egg whites together in a bowl. The mixture should be 'gloopy' and sticky.
4. Spoon the mixture into rounded 'dollops' onto the rice paper and cook in the oven, on the middle shelf, for 16-20 minutes until the macaroons are lightly golden brown. Allow to cool.
5. Melt the dark chocolate over hot water or in the microwave, then drizzle over the macaroons



**Yep, it is quite a simple
recipe - made 9 (ate 2 before
pic)
But these treats were
delicious.**

Give them a try.

**During this pandemic I decided to try a new hobby - cooking.
Something I have never really experimented with. And it is going so well.
Why not try out some new recipes and foods yourself?
This was the first time I had ever cooked Coconut Macaroons**