

Honey Macaroons

(25 mini macaroons)

Macaroons:

Ground almonds **100g**

Icing sugar **100g**

Water **40ml**

Caster sugar **70g**

Honey **30g**

Egg whites **2 x 40g**

Caramel food colouring

Edible copper or bronze powder

Honey cream:

Egg yolks **x 2**

Mascarpone **250g**

Method

Mix then sieve the ground almonds and icing sugar and set aside. In a saucepan bring the water, caster sugar and honey to the boil, without mixing, make sure the temperature does exceed 110 c. Whisk half the eggs to a soft peak, once the syrup hits 100c increase the speed of the whisking then slowly add this to the whipped egg white and keep whisking until the mixture has completely cooled. In another bowl mix the unbeaten egg white with the almonds to get a paste then to loosen it add the meringue and fold in carefully.

Put the mixture into a piping bag a pipe onto a grease proof paper lined tray to the sizes you want, once piped out tap the base of the tray onto a surface to get the bubbles out and leave to dry at room temperature for an hour. Pre heat the oven at 145 degrees celcius. Cook the macaroons for 13 minutes and then take straight out of the oven, slowly pull the grease proof paper off the tray onto a cooler surface.

To make the cream whipped the egg yolks until light in colour and then add the honey and mascarpone and then whipped together, put the mixture into a piping bag and pipe into the shells and then you have honey macaroons.