

Coconut Macaroons

Yield 24 cookies

Ingredients:

4 large eggs
1 cup sugar
3 cups shredded coconut
Pinch of salt

Tools Needed

Sheet Trays and
parchment
Table Spoon
Whisk
1 Medium Mixing
Bowl
Measuring Cups and
Spoons

Preparation:

1. Heat oven to 350* and line a sheet pan or two with parchment.
2. Separate eggs into whites and yolks, discard the yolks.
3. In a clean, dry medium size bowl, vigorously whisk eggs whites until frothy (about 1 minute). Add in salt and sugar and continue to whisk until whites are shiny and thick (about 5 more minutes).
4. Very gently fold coconut (and optional ingredients, if desired) into the fluffy egg mixture. This will cause it to deflate some, which is ok.
5. Use a tablespoon to scoop dollops of egg and coconut mixture onto prepared sheet pans.
6. Bake in oven until outsides are golden brown, about 15 minutes. Remove from oven and let cool on sheet pan for 5 minutes.

Optional: Toast coconut for a rich, nutty flavor. Add a tablespoon of citrus zest for some bright tang. Add a teaspoon of vanilla or almond extract for a flavor boost. Dip cooled macaroons in melted chocolate for an even more indulgent treat.