

Almond Paste

If you are a marzipan lover you will definitely try this recipe. The almond paste can be used in so many ways, such as bread, cake, cookies, the options are endless.



I love almond paste or marzipan...when living in Brazil I used to buy “potato balls” or fruit shaped marzipan with the money that my parents would give me for snack and would munch on it on my way home after school.

That might explain my love for marzipan, as each bite of anything with it brings me memories of my childhood.

Almond paste or marzipan, I honestly do not know the difference between the two of them...they are both made with blanched almond and confectioner sugar...because I remember the "potato balls" and fruit shaped candies were called marzipan, I assume that marzipan is used for making candies and almond paste as a filling.

Never mind it's name...almond paste or marzipan...the recipe for it is very simple and you will be very happy have it handy.

Ingredients:

- 3 cups blanched almonds
- 3 cups confectioner sugar
- 2 egg whites
- 4 teaspoons almond extract





Method:

Blanch the almonds by placing the almonds in a bowl. Cover all the almonds with boiling water. Let the almonds sit for 1 to 2 minutes. Drain, and rinse under cold water. Drain and slip the skin off.

Place the blanched almonds in a food processor and pulse until the almonds are ground. Add the egg white, confectioner sugar and the almond extract. Pulse until the mixture is smooth.

Remove the paste and place onto a silicone mat. Split into 4 equally portions. Roll into logs and wrap the logs with a plastic film. Place the wrapped almond paste in an airtight container or freezer bag. Store the almond paste in a freezer until needed.

When you need the almond paste, take the paste out of the freezer and bring it to room temperature.



Next week I will share with you what I did with this almond paste log...

If you like this simple recipe for almond paste, you might enjoy making bread like this Almond Paste Bread or a cake like Almond Flour Chocolate Cake.



Did you know that adding almond to your diet can help lower LDL-cholesterol and reduce cardiovascular disease? This may be due to high content of the antioxidant Vitamin E found in almonds. Although almond is considered healthy, it contains oxalate which should be avoided in individuals with existing kidney and gallbladder problems.

Thank you for stopping by Color Your Recipes...have a colorful week!