

# Coconut Macaroons



I am so excited to share with you the first dessert that I made from "Flour", a cookbook published by Joanne Chang...she is amazing, after getting a degree in applied mathematics and economic from Harvard she decided to pursue culinary. You can find all the details about her on her book which I read with amazement. The cookbook is easy to read and most importantly, it is easy to follow.

Since I was not sure what was the proper way to post a recipe from a book, I contacted Joanne and she personally assured me that I could post her recipe.

These coconut macaroons are delicious and as described in the book "chewy, sweet, soft, crispy...", and they taste exactly as she described. The center of these macaroons are soft, creamy...yum! I do not have words to tell you how delightful these treats are and believe me they are so simple to make...really, the recipe is so simple that they can make you feel guilty.

Anyway, enough talk and let's move to the important part...the recipe!

**Ingredients:**

*Pastry Cream*

$\frac{1}{2}$  cup milk

3 tablespoons

2 tablespoons cake flour

1 pinch kosher salt

2 egg yolks

$\frac{1}{2}$  teaspoon vanilla extract

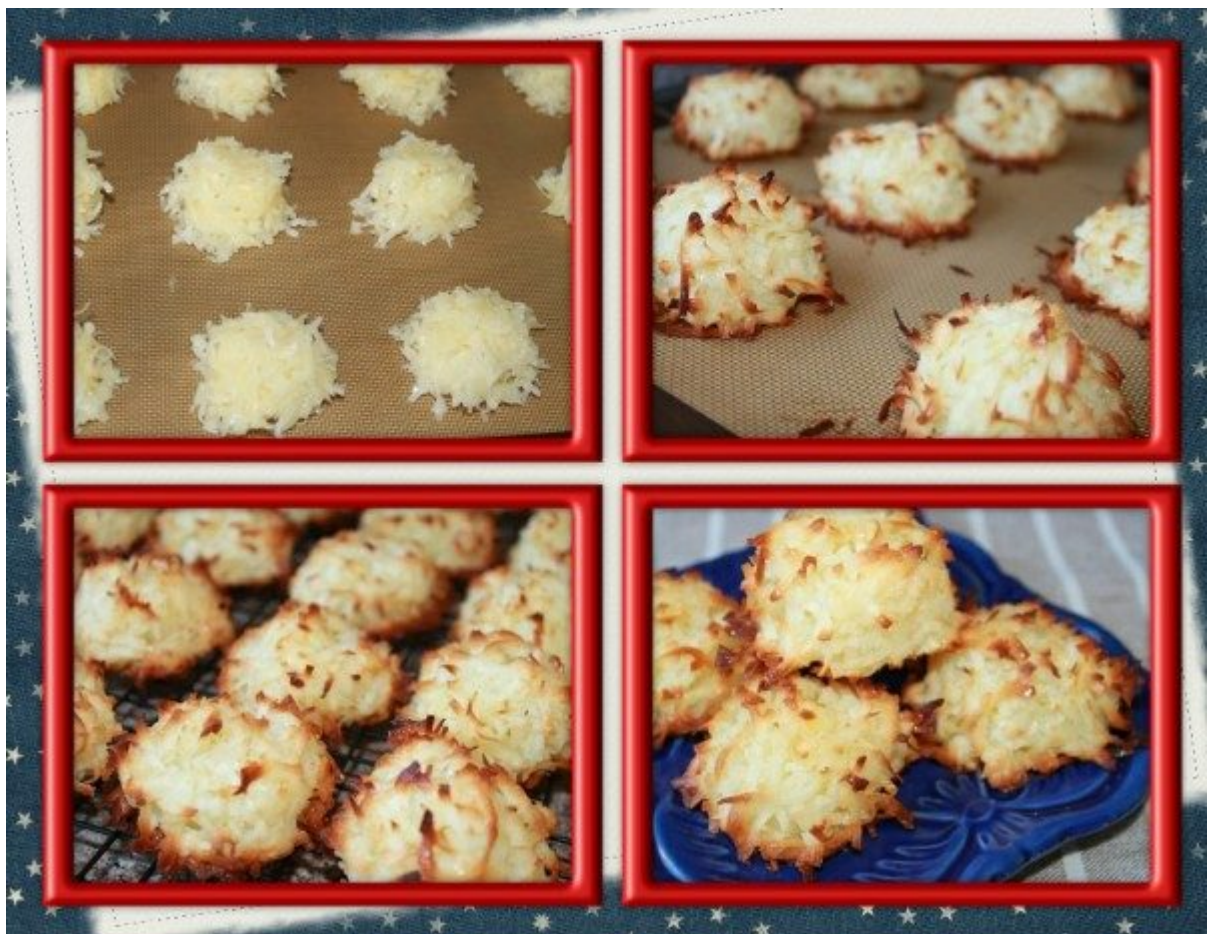
2-14 ounces bags of sweetened shredded coconut

6 egg whites

$\frac{3}{4}$  cup sugar

1 pinch kosher salt





## ***Preparation:***

Mix the cake flour with the sugar and the salt. Add this mixture to the egg yolks.

Scald the milk until almost boiling (do not boil).

Add the scalded milk to the egg yolk mix a little at the time, whisking constantly.

Return the milk and yolk mix to the stove over medium heat, whisking continuously and vigorously until the mixture thickens and boils. Remove from the heat and add the vanilla extract.

Cover the cream with a plastic wrap, placing it on top of the cream and let it cool completely.

Preheat the oven at 350F and prepare the baking sheet, by placing a parchment paper (I used silicone mat).

In a large bowl, combine the coconut, egg white, sugar salt and the pastry cream. Stir all together until well combined. You can then refrigerate the dough at this stage if needed for up to 5 days.

Scoop approximately 1 tablespoon of the dough into the prepared baking sheet.

Bake for 20 to 25 minutes or until the cookies are golden brown. Let the cookies cool on the baking sheet for approximately 20 minutes and then transfer to the wire rack to cool completely.

The macaroons can be stored in an airtight container at room temperature for up to 3 days, most likely will not last for 3 days.



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