

French Macaroons

For sale with various ice creams at the Pot and Pineapple in Berkeley Square

Ingredients:

- 1 lb of sweet almonds, ground fine
- 3 lbs of powdered sugar
- 7 egg whites
- baking parchment

Take the almonds, pounded fine in a marble mortar and add with the whites of the eggs; then take the powdered sugar and mix with the almonds and whites of the eggs into a fine thickness, so as to come off the spoon well*. Then put three sheets of paper on your plate, and with a tablespoon, drop them off at a little distance from each other so as not to touch. Put them in a rather brisk oven, but mind they do not burn. Bake them of a very fine brown colour and crisp; then let them stand till they are cold before you take them off, but if they are burnt at the bottom they will not come off at all, so that you must be very careful of them.

* This recipe has been adapted from *The Complete Confectioner* by Frederick Nutt (1789). Nutt worked as a cook at the Pot and Pineapple. Another recipe suggests the addition of a dram of rose water at this stage.