

IN THE KITCHEN

I found this an easy recipe to follow. The instructions easy and there was only a few steps which were needed to be followed.

The only part that I can imagine in being difficult would be the separating of the eggs.

One way to do this would be to use a little plastic kitchen utensil made specifically for this purpose. It is somewhat like a spoon with a deep recess and slits horizontally in the sides, so the white can escape, the yolk being trapped.

If you don't own one of these you can carefully crack the egg shell so that you can use the halves to separate the egg. Basically you just tip the egg from one half to the other, allowing the egg white to drop into a bowl below. Then placing the egg yolks in a cup for later use.

Make sure you wash the egg shells first.

Reviews

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Email :
rasita@rasita.biz

Recipes In Review

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Choc Orange Macaroons (gluten free)

Ingredients

- 1 cup desiccated coconut
- 2 egg whites
- 1/2 cup caster sugar
- 1/4 cup palm sugar
- 2 tsp orange zest
- 1 tbsp cocoa powder
- 1/4 cup corn flour

Method

1. Preheat the oven to 140 Celsius.
2. Beat egg whites until they are frothy.
3. Gradually add in the caster sugar, beating the egg whites the whole time.
4. Repeat this with the palm sugar until the egg whites are glossy and form soft peaks.

5. Add the remaining ingredients and beat well until they are all combined.
6. Line a tray with greaseproof paper (non-stick).
7. Using teaspoons, spoon the mixture onto the tray.
8. Cook for approximately 40 minutes.
9. Allow to cool and harden before serving. They will keep in an airtight container, in the cupboard, for up to one week.

or carefully cut the coloured part of the skin off with a knife. You do not want the white part as that is bitter.

- Palm sugar can be substituted with just ordinary sugar. Otherwise, you can buy it in the Asian food section of most supermarkets. You may need to grate it as it is quite often sold as small hard discs.

Notes

- To get zest from a citrus fruit you can either grate the skin of the fruit, on the finest setting, use a zester

