



Five-Minute Marzipan



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



720 kcal

SIDE DISH

Ingredients

- ☐ 3 cups almond paste (24 ounces/685 g)
- ☐ 300 g confectioners' sugar
- ☐ 15 g kirsch liqueur (see Note)

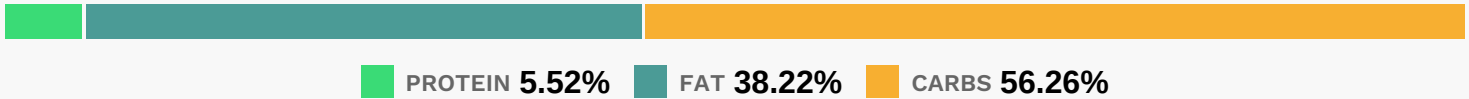
Equipment

- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Combine the almond paste, confectioners' sugar, and 1 tablespoon of the brandy in the mixing bowl.
- ☐ Mix on low speed until everything is completely incorporated and the dough is smooth and pliable, about 5 minutes.
- ☐ If using your hands: Form the almond paste into a flat round on your work surface. Dust half of the confectioners' sugar over the round and begin kneading it into the paste, folding the paste over on itself repeatedly.
- ☐ Drizzle 1 tablespoon of the brandy over the dough and knead it in. Once it's incorporated, dust the remainder of the sugar over the dough and knead until it's completely incorporated.
- ☐ The dough should be uniform and pliable. If it's dry, add a few more drops of flavoring (or warm water) and knead until it's at the desired consistency; if it's sticky, a little more confectioners' sugar.
- ☐ Store marzipan, wrapped very well in plastic wrap, in the refrigerator for at least 3 months.
- ☐ Kirsch is brandy distilled from cherries. Cherries particularly complement almonds since the two are related, and cherry pits have an almondlike flavor that is imparted to the liquor (which is not so bad swigged sipped on its own, either). If you'd prefer, you can use 1 tablespoon light corn syrup or 1 teaspoon almond extract instead.
- ☐ From The Liddabit Sweets Candy Cookbook: How to Make Truly Scrumptious Candy in Your Own Kitchen by Liz Gutman & Jen King. Copyright © 2012 by Liz Gutman and Jennifer King; principal photography copyright © 2012 by Rachel Been. Published by Workman Publishing Company, Inc.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:16.861304320071%

Nutrients (% of daily need)

Calories: 720.1kcal (36.01%), Fat: 31.44g (48.37%), Saturated Fat: 2.98g (18.66%), Carbohydrates: 104.15g (34.72%), Net Carbohydrates: 98.71g (35.89%), Sugar: 89.99g (99.99%), Cholesterol: 0mg (0%), Sodium: 11.24mg (0.49%), Alcohol: 0.83g (100%), Alcohol %: 0.64% (100%), Protein: 10.22g (20.43%), Vitamin E: 15.32mg (102.15%),

Manganese: 0.97mg (48.7%), Magnesium: 147.55mg (36.89%), Phosphorus: 292.93mg (29.29%), Vitamin B2: 0.48mg (28.21%), Copper: 0.52mg (25.97%), Fiber: 5.45g (21.79%), Folate: 82.86µg (20.71%), Calcium: 195.72mg (19.57%), Zinc: 1.69mg (11.24%), Iron: 1.85mg (10.26%), Potassium: 357.44mg (10.21%), Vitamin B3: 1.61mg (8.06%), Selenium: 5.07µg (7.24%), Vitamin B1: 0.09mg (6.21%), Vitamin B6: 0.04mg (2.04%), Vitamin B5: 0.13mg (1.28%)