



## Hazelnut and Almond Macaroons with Orange Semifreddo



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



497 kcal

DESSERT

### Ingredients

- ☐ 2.8 oz blanched almonds and toasted coarsely chopped
- ☐ 0.7 cup cooking wine dry white
- ☐ 3 large egg whites
- ☐ 4 large egg yolks
- ☐ 0.8 cup superfine granulated sugar
- ☐ 2 ounces hazelnuts toasted coarsely chopped
- ☐ 0.3 teaspoon juice of lemon fresh

- ☐ 1 cranberry-orange relish
- ☐ 9 oranges
- ☐ 2 tablespoons potato flour
- ☐ 0.7 cup sugar

## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ plastic wrap
- ☐ hand mixer
- ☐ kitchen thermometer
- ☐ pastry bag
- ☐ peeler



## Directions

- ☐ Preheat oven to 200°F. Line a large baking sheet with parchment paper. Draw or trace 12 (3-inch) circles 1 inch apart on parchment and turn paper over on baking sheet.
- ☐ Put egg whites in a metal bowl set over a pan of simmering water and gently whisk constantly until barely warm.
- ☐ Remove bowl from heat and beat whites with a pinch of salt with an electric mixer until they just hold soft peaks. Gradually add 1/2 cup superfine sugar, beating until whites just hold stiff, glossy peaks. Fold in remaining 1/4 cup sugar, then nuts.
- ☐ Transfer meringue to pastry bag and pipe 12 rounds of meringue inside drawn circles on parchment.

- ☐ Bake in middle of oven until dry to the touch and crisp, about 1 1/2 hours. If macaroons are not crisp after 1 1/2 hours, turn off oven and let stand in oven 30 to 40 minutes more. Peel macaroons off parchment and transfer to a rack to cool (macaroons may stick if cooled on paper).
- ☐ Finely grate enough zest from oranges to measure 1 1/2 teaspoons. Squeeze 2 cups juice.
- ☐ Whisk together yolks, sugar, and potato starch in a 1-quart heavy saucepan. Gradually add juice, whisking until smooth. Cook over moderate heat, whisking constantly, until thickened and registers 170°F on an instant-read thermometer, 5 to 6 minutes.
- ☐ Pour through a very fine sieve into a metal bowl and stir in zest. Set bowl in a larger bowl of ice and cold water and stir occasionally until mixture is cold.
- ☐ Freeze in ice-cream maker until soft-frozen.
- ☐ Spread semifreddo on flat (bottom) side of 6 macaroons and top with remaining macaroons, flat sides down. Wrap each in plastic wrap and freeze until ready to serve.
- ☐ Remove zest from orange with a vegetable peeler, then remove any white pith from zest. Julienne zest. Squeeze 1 tablespoon juice.
- ☐ Cover zest with cold water in a small saucepan and bring to a boil.
- ☐ Drain in a sieve and rinse under cold water. Pat dry.
- ☐ Cook sugar in a dry 1-quart heavy saucepan over moderate heat, undisturbed, until it begins to melt. Continue to cook, stirring occasionally with a fork, until sugar is melted into a deep golden caramel.
- ☐ While caramel is cooking, bring wine and zest to a boil in a small saucepan. Tilt caramel pan and carefully pour in wine with zest (caramel will harden and steam vigorously). Cook over moderately low heat, stirring, until caramel is dissolved. Stir in orange and lemon juices, then cool.
- ☐ Let filled macaroons soften 20 to 25 minutes at room temperature, then serve with wine syrup.
- ☐ ·Filled macaroons can be frozen up to 2 days.·Wine syrup can be made 2 days ahead and chilled, covered. Bring to room temperature before serving.

## Nutrition Facts



 **PROTEIN 7.96%**  **FAT 28.53%**  **CARBS 63.51%**

## Properties

Glycemic Index:42.53, Glycemic Load:41.89, Inflammation Score:-8, Nutrition Score:19.747391151345%

Flavonoids

Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg, Cyanidin: 0.63mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 59.63mg, Hesperetin: 59.63mg, Hesperetin: 59.63mg, Hesperetin: 59.63mg Naringenin: 33.55mg, Naringenin: 33.55mg, Naringenin: 33.55mg, Naringenin: 33.55mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 496.93kcal (24.85%), Fat: 16.02g (24.65%), Saturated Fat: 2.05g (12.83%), Carbohydrates: 80.25g (26.75%), Net Carbohydrates: 72.65g (26.42%), Sugar: 69.09g (76.77%), Cholesterol: 122.4mg (40.8%), Sodium: 38.57mg (1.68%), Alcohol: 2.75g (100%), Alcohol %: 1.01% (100%), Protein: 10.05g (20.11%), Vitamin C: 116.93mg (141.73%), Manganese: 0.93mg (46.3%), Vitamin E: 5.2mg (34.64%), Fiber: 7.6g (30.4%), Folate: 100.73µg (25.18%), Copper: 0.42mg (20.82%), Vitamin B1: 0.3mg (20.24%), Vitamin B2: 0.34mg (19.83%), Magnesium: 78.85mg (19.71%), Potassium: 631.1mg (18.03%), Phosphorus: 176.44mg (17.64%), Selenium: 11.72µg (16.74%), Calcium: 149.16mg (14.92%), Vitamin B6: 0.27mg (13.68%), Vitamin A: 657.49IU (13.15%), Vitamin B5: 1.07mg (10.69%), Iron: 1.54mg (8.58%), Zinc: 1.09mg (7.25%), Vitamin B3: 1.38mg (6.92%), Vitamin D: 0.61µg (4.08%), Vitamin B12: 0.24µg (3.93%), Vitamin K: 1.53µg (1.46%)