

CHEF TINA'S ALMOND-HONEY CRISPS WITH LEMON CREAM

LEMON CREAM FILLING

1 stick of softened butter
1 cup powdered sugar
¼ cup (2 oz) liquid egg whites (simply whites, egg beaters, etc.) or 1 fresh egg white
1/4 (2 oz) cup heavy cream
Zest of 1 lemon
Candied lemon peel pieces (optional)

1. Whip the butter on low speed, adding small amounts of powdered sugar.
2. Stop and scrape the bowl, add the egg whites, whip at medium speed for 2 minutes.
3. Scrape again, add the cream, lemon zest and lemon pieces. Whip at medium speed until creamy.
4. Chill until slightly firm, but still spreadable.

ALMOND-HONEY CRISPS

5 oz blanched almonds
5 oz powdered sugar
1. Pulse above together in food processor until very smooth.

Sift this powder with ½ cup powdered sugar in a large bowl with room for mixing. Add:

1 TBL Honey
1 Egg white (fresh)
Mix until it forms a paste, set aside

To make meringue:

4 fresh egg whites, at room temperature
1/8 tsp cream of tartar
2 TBL powdered sugar

1. Whip egg whites on a stand mixer just until foamy, add cream of tartar. Whip until soft peaks form, add powdered sugar.
2. Whip on high speed until very stiff peaks form and the whites are slipping around the bowl.
3. Mix egg whites into almond-honey paste, 1/3 at a time.
4. Pipe or spoon onto parchment lined pans (do NOT use wax paper)

Bake at 325f for 8-10 minutes or until golden brown. The honey will make the tops brown quickly, watch to make sure the cookies don't burn. If they are cooking too quickly, turn oven down to 300f.

For crispy cookies, remove from oven immediately and let the cookies deflate. Cool completely.

Match up like sized cookies and pipe or scoop filling in between layers. Refrigeration will slightly soften cookies. Freezing is best- the outsides stay crisp and the filling defrosts very quickly.

Notes: Most brands of liquid egg whites will NOT whip. Assume that they do NOT unless the carton specifically says so. Liquid whites are fine for the cream as volume is not needed. Fresh whites whip best and higher at room temperature.

ABOUT CHEF TINA DRZAL

Chef Tina brings a diverse background to the MCC Culinary Management program. She has traveled the world in management with United Airlines, worked for Marriott, worked in sales (selling chocolate) and spent several years as a Pastry Chef and teacher for various bakeries. She received her culinary training from Elgin Community College (ECC), has an Associate of Applied Science in Pastry Arts and is a certified Restaurant Operations Specialist. While at ECC, she received a bronze medal for the ACF knowledge bowl competition, and a gold medal for her work on the prestigious Austria Culinary exchange team. She recently attended training sessions at the renowned French Pastry School in Downtown Chicago.