

Italian Almond Cookies - Crisp Amaretti (Low FODMAP)

Delicate Italian almond cookies with a crisp exterior and chewy center. Naturally gluten-free and perfect with espresso - just watch your portions!

Prep: 20 min

Cook: 90 min

Total: 130 min

Servings: 50

Low FODMAP ✓

Ingredients

- at room temperature egg whites
- pure almond extract almond essence
- plus extra for dusting icing sugar
- salt
- almond meal or almond flour ground almonds
- for topping, about 4-5 flakes per cookie flaked almonds

Instructions

Step 1: Make the almond dough

(5 min)

Add the egg whites, almond essence, icing sugar, salt, and ground almonds to a food processor. Pulse several times, then blend continuously for about 30-45 seconds until the mixture comes together into a smooth, thick paste. The texture should be similar to marzipan - cohesive but slightly sticky.

Step 2: Chill the dough

(65 min)

Generously dust a clean work surface with icing sugar to prevent sticking. Turn the almond paste out onto the surface and use your hands to shape it into a log about 5cm in diameter. Wrap the log tightly in cling film or parchment paper and refrigerate for at least 1 hour, or up to 24 hours. This chilling step is essential - it firms up the dough so you can slice it cleanly and helps the cookies hold their shape during baking.

Step 3: Prepare for baking

(10 min)

Preheat your oven to 160°C (150°C fan/gas mark 3). Line two large baking trays with parchment paper or silicone baking mats. Remove the chilled dough from the refrigerator and unwrap it.

Step 4: Shape the cookies

(15 min)

Using a sharp knife, slice the log into rounds about 2cm thick. You should get approximately 50 slices. Roll each slice between your palms to form a smooth ball - they don't need to be perfect, as rustic charm is part of their appeal. Arrange the balls on your prepared baking trays, spacing them about 2cm apart to allow for slight spreading.

Step 5: Add the topping and bake

(25 min)

Sprinkle 4-5 flaked almonds over the top of each cookie ball, then gently press down with your fingertips to flatten the cookies slightly and help the almonds adhere. The cookies should be about 1.5cm thick. Bake in batches for 20-25 minutes, rotating the trays halfway through, until the cookies are lightly golden around the edges and firm to the touch. They'll continue to crisp up as they cool.

Step 6: Cool and store

(10 min)

Let the cookies cool on the baking trays for 5 minutes - they'll be quite delicate when hot - then transfer them to a wire rack to cool completely. Once fully cooled, store in an airtight container at room temperature for up to 2 weeks. They're delicious served alongside coffee, tea, or a small glass of dessert wine.