

Cashew Mazipan



Serves	1
Prep time	30 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert
Misc	Freezable , Pre-preparable
Occasion	Birthday Party , Casual Party , Christmas , Formal Party
Region	Indian

Ingredients

- 500g raw cashews
- 500g pure icing sugar
- 1 teaspoon vanilla essence
- 3 egg white

Directions

1. Using a food processor, grind the cashews to make a fine powder. Stop grinding if the powder starts to become oily.
2. Put the cashews and icing sugar into a large mixing bowl and mix to combine.
3. Combine the egg whites and vanilla essence and beat lightly. Make a well in the centre of the cashew mixture and add the egg whites. Mix until the dough starts to come together. If it is not firm enough add a bit more icing sugar.
4. Pour the dough onto a clean surface and knead until you have a firm smooth dough.
5. Wrap in cling film and store in the fridge or freezer until ready to use. Can be made 2 days ahead and stored in the fridge, or store in the freezer for longer.



Note

Low Chemical / Failsafe

Makes more than enough marzipan to cover a 20cm cake, depending on how thick you like it.