

## ZIMTSTERNE

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These macaron stars are also called *erstesternen* ("first stars"), a reference to the heavenly signs indicating the end of a fast day.

They are traditionally served by German Jews at the meal following Yom Kippur. They are also part of the Christmas table which is supposed to end a fast too. Who remembers to fast before Christmas? It is the first day of Advent, Let's Pray for the Peace on this Earth.



### *INGREDIENTS:*

- 2 cups (about 8 ounces) hazelnuts or blanched almonds, finely ground
- 1 teaspoon ground cinnamon
- 1 pinch of cloves bud powder
- 3/4 teaspoon grated lemon zest
- 3 egg whites
- Pinch of salt
- 1 1/2 cups confectioners' sugar

About 1/2 cup additional confectioners' sugar for rolling

### *DIRECTIONS:*

#### ***The preparation is done in 2 days***

Combine the blanched nuts, cinnamon, and other spices, in a food processor or a blender, make a fine powder.

In a bowl, add the egg whites and salt start to beat, increase the speed to medium-high, and beat until soft peaks form, 1 to 2 minutes.

Gradually add the confectioners' sugar and beat until stiff and glossy, 5 to 8 minutes.

Reserve 1/3 of cup to make the icing.

Mix the rest with the powdered nuts with spices. Close the large and the little bowl in an airtight manner. Set it in a cool place, (fridge) overnight.

The other day, preheat the oven to 350 degrees (180 C). Line a large baking sheet with parchment paper if you have not the little round blat looking as religious osties.

Place a large piece of waxed paper on a flat surface and sprinkle with additional confectioners' sugar. Place the nut mixture on the sugar, lightly sprinkle with more confectioners' sugar, top with the second piece of

Dr. Claude Martin-Mondiere, Clara Maier, secret transmitter.

waxed paper, and roll out 1/4 inch thick. Remove the top piece of waxed paper.

Make a little mass of confectioners' sugar, using a star shape cookie cutter, immerse it in the sugar and cut a star, place it on the support and do it until you have no more nuts mix. Reroll and cut any scraps.

Place on the prepared baking sheet.

Using the reserved meringue, spread lightly over the top of each star with a silicon brush.

Bake 10 to 12 minutes. Spread the reserved meringue over the top of the stars and bake until the tops are lightly colored about 5 minutes. Transfer to a rack and let cool.

Zimsternes taste best if allowed to stand for 24 hours. Store in an airtight container at room temperature for up to 3 weeks to 1 year as did Oma when the tin was well guarded.

With always thanks to Clara Maier, Oma still in my heart. These cookies are not medicines, but are healthily good. How many kids finding the hidden box, had overeaten them, nobody remembers any intoxication