



**WILLIAM K. NASSER, MD,
DINING A LA HEART 20TH ANNUAL FUNDRAISER**

STRAWBERRY RHUBARB MACAROON WITH FROZEN YOGURT

3 cups Greek-style low fat yogurt
1/2 cup granulated sugar
1 tsp. vanilla extract
3½ ea egg whites
¼ cup powdered sugar
⅛ tsp. salt
½ tsp. lemon juice
2¼ cups powdered sugar

1¼ cup almond flour
¾ cup strawberries
¾ cup rhubarb
¼ cup granulated sugar
2 Tbsp. red wine
2 tsp. tapioca powder
4 oz. dark chocolate

DIRECTIONS

Start ice cream machine and preheat a conventional oven to 300F. Mix yogurt, sugar, and vanilla. Stir until the sugar is completely dissolved. Refrigerate 1 hour.

In a mixer fitted with a whisk attachment, whisk the egg whites, powdered sugar, salt and lemon juice until stiff. Sift powdered sugar and almond flour together and fold completely into the stiff whites until the batter becomes smoother and shiny. Drop test spoonfuls as you fold to get the batter to a point where the mixture is homogenous, yet doesn't spread out on a surface. Fill a pastry bag and pipe 1.5 inch balls onto a parchment paper-lined sheet pan. Lightly tap the tray and let stand for 20 minutes at room temperature.

Puree the strawberries, rhubarb and granulated sugar in a blender. Add mixture to a saucepan and warm. Mix the wine with the instant tapioca as a slurry, and add in increments, whisking well after each addition. More tapioca powder may be needed to reach a jam-like consistency. Strain through a chinois and reserve the liquid in the cooler to chill.

Bake macaroons in 300F oven for 12 minutes, checking every minute for exterior doneness. Freeze cooled yogurt mixture in an ice cream maker according to manufacturer's instructions.

Lightly melt dark chocolate in 10 second increments, stirring after each, in a microwave. When the macaroon are done, pour a small amount of water onto the sheet pan and lift the parchment paper to loosen it and help with removal later. Let cool. When the macaroons are cool, brush the bottoms with melted dark chocolate and cool in refrigerator until the chocolate hardens.

Serving: Turn one macaroon over to the chocolate side and portion a tablespoon of strawberry rhubarb gel on, topping with another macaroon like a sandwich. Scoop a 3 oz portion of frozen yogurt onto the serving plate and adorn with the filled macaroon.

Yield = 8 servings

Matt Steinbronn, Ivy Tech Community College Student Culinarian and Pastry Culinarian

Nutrition Information: 380 Calories, 5 gm fat, 1 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 70 gm carbohydrate, 4 gm fiber, 15 gm protein, 95g sodium

**William K. Nasser, MD 20th Annual Dining A La Heart Fundraiser Event
to benefit THE REVIVING HEART PROGRAM**