

# Macarons

From John Kanell

[preppykitchen.com/french-macarons/](http://preppykitchen.com/french-macarons/)

Prepping time 15 min

Cooking time 25 min

Serves 36 cookies

## Ingredients

### For the cookie

- 100 g egg whites room temperature
- 3 large eggs
- 140 g almond flour 1 1/2 cups
- 90 g granulated sugar just under 1/2 cup
- 130 g confectioners' sugar 1 cup
- 1 tsp vanilla 5mL
- 1/4 tsp cream of tartar 800m

### For the buttercream

- 1 cup unsalted butter softened 226g
- 5 egg yolks
- 1/2 cup granulated sugar 100g
- 1 tsp vanilla
- 3 tbsp water 30mL
- 1 pinch salt





## Directions



### Macarons:

1. Sift confectioners' sugar & almond flour into a bowl.
2. Add room temp egg whites into a very clean bowl.
3. Whisk egg whites with electric beater.
4. Once they begin to foam add the cream of tartar & SLOWLY add granulated sugar.
5. Add food coloring if desired & vanilla; mix in; continue to beat until stiff peaks form.
6. Begin folding in 1/3 of the dry ingredients. Slowly add remaining dry ingredients; fold gently. The final mixture should look like flowing lava & be able to fall into a figure eight without breaking.
7. Spoon into a piping bag with a medium round piping tip.
8. Pipe one-inch dollops onto a baking sheet lined with parchment paper (this should be glued down with dabs of batter). Tap on counter several times to release air bubbles. Sit for 40 minutes before placing in oven.
9. Bake at 300F for 12-15 mins, rotate tray after 7 mins. Completely cool; remove from baking sheet.

### French Buttercream Filling:

1. Combine sugar & water in medium saucepan. Heat over low heat while stirring until sugar dissolves. Increase heat to medium- high & bring to a boil
2. Put egg yolks in a stand-mixer fitted with whisk attachment. Beat til thick & foamy.
3. Cook the sugar & water syrup til it reaches 240 degrees F. Immediately remove from heat. With mixer running, SLOWLY drizzle hot syrup into bowl with yolks.
4. Continue mixing until bottom of bowl is cool to the touch & yolk mixture has cooled to room temperature.
5. Add in butter one cube at a time allowing each piece to incorporate before adding the next. Add vanilla & salt. Continue mixing until buttercream is smooth and creamy. (About 5-6 minutes.) Add food coloring if desired.