Macaron recipe

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Course Dessert   **Cuisine** American, French

Prep Time 15 minutes   **Cook Time** 25 minutes   **Total Time** 40 minutes   **Servings** 36 Macarons   **Calorie** 63kcal

Nutrition

Serving: 11g | Calories: 63kcal | Carbohydrates: 6g | Protein: 0.8g | Fat: 1.9g | Saturated Fat: 0.7g | Cholesterol: 0.7mg | Sodium: 18mg | Potassium: 30mg | Fiber: 0.5g | Sugar: 5.2g | Calcium: 10mg | Iron: 0.4mg

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 800mg

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

Notes

- ✓ The meringue HAS TO BE STIFF to a thick marshmallow consistency. All it takes is a bit of extra whisking. The meringue starts to fill the whisk when you're getting close to the right stage.
- ✓ Sift, Sift, **SIFT**! Those larger pieces of almond flour will mar the surface of macarons. Best practice is to sift then **whiz** in the food processor and repeat two more times. Discard the larger particles, and don't try to press them through the sieve.
- ✓ Use a scale, if possible. Accuracy helps with this recipe.
- ✓ The mixing will take some practice. Fold and fold the batter and then use the spatula to **GENTLY** press the batter against the bowl. Remove some of the bubbles but not too many. Continue this until it reaches a thick "lava" consistency. It should slowly fall off the spatula in ribbons and be able to form a figure eight without breaking.
- ✓ Pipe the macarons **perpendicular** to the surface. If the tip is pointing a bit in any particular direction when piping, the macarons might be oblong or malformed.
- ✓ Add coloring to the meringue after it reaches the soft peak stage.
- ✓ When you are finishing the piping motion, stop squeezing the bag and pull up with a circular motion.
- ✓ The macarons will be best after 2-3 days resting in the fridge.
- ✓ If shells get over-baked and crisp, brush the bottom with some milk before assembly to soften them up.

Instructions

For the Macarons:

1. Sift the confectioners' sugar and almond flour into a bowl.
2. Add the room temperature egg whites into a very clean bowl.
3. Using an electric mixer, whisk egg whites. Once they begin to foam add the cream of tartar and then SLOWLY add the granulated sugar.
4. Add the food coloring (if desired) and vanilla, mix in. Continue to beat until stiff peaks form.
5. Begin folding in the 1/3 of the dry ingredients.
6. Carefully add the remaining dry ingredients and fold gently. The final mixture should look like flowing lava and 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. Allow to sit for about 40 minutes before placing in oven.
9. Bake at 300F for 12-15 minutes, rotate tray after 7 minutes.
10. Allow to cool completely before removing from baking sheet.

For the French Buttercream Filling:

1. Combine sugar and water in medium saucepan. Heat over low heat while stirring until sugar dissolves. Increase heat to medium- high and bring to a boil
2. Put egg yolks in a stand-mixer fitted with a whisk attachment and beat until thick and foamy.
3. Cook the sugar and water syrup until it reaches 240 degrees F. Immediately remove from heat. With mixer running, SLOWLY drizzle hot syrup into bowl with yolks.
4. Continue mixing until the bottom of the bowl is cool to the touch and the 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 and salt. Continue mixing until buttercream is smooth and creamy. (About 5-6 minutes.) Add food coloring if desired.