

## FRENCH MACARONS (PLAIN)

2.7 oz. egg whites (measure exactly)

\*Age egg whites by sitting out at room temperature (covered with paper towel) 4 hrs or overnight in the fridge (covered with plastic and a few holes poked through) OR microwave room temperature egg whites in two 5-second intervals, whisking between each interval.

3.2 oz. almond flour

4.5 oz. confectioner's sugar

1.8 oz. superfine sugar

1/8 tsp. table salt

1/8 tsp. cream of tartar

Filling of your choice (buttercream, ganache, jam, etc)

### Tools & Equipment

-kitchen scale

-two large mixing bowls (not plastic)

-mixer (prefer a stand mixer)

-fine mesh sifter

-spatula

-piping bag and round tip

-baking sheet

-macaron template or printed silpat

-parchment paper

- 1- Fit a piping bag with a .5-.75" round tip (I prefer Wilton #1A). Twist above the tip to be sure batter doesn't drip out until you're ready. Stand up in a tall glass and pull down the sides for filling.
- 2- Line baking trays with parchment paper, placing macaron template underneath paper- or use printed silicon mats.
- 3- Wipe out the egg beating bowl and the whisk with a dab of vinegar on a paper towel. Chill the bowl and whisk.

- 4- Combine almond flour, confectioner's sugar and salt in the bowl of a food processor. Pulse for 30 seconds, scrape down, pulse for 20 more seconds.
- 5- Sift the mixture twice through a medium sieve, pressing flour through the mesh.
- 6- Remove mixer bowl and beater from the refrigerator and beat egg whites on low speed for 30 seconds until foamy. Add cream of tartar and beat on medium-high until soft peaks begin to form. Sprinkle superfine sugar gradually over mixture and continue beating on medium-high until stiff peaks form. You can turn mixer up a notch to achieve stiff peaks during the last couple of minutes. Add food coloring (if desired) in the last minute of whipping.
- 7- Scoop the beaten egg whites onto the dry ingredients and slowly fold until everything is equally incorporated. Begin to gently stir and "slap" the batter against the side of the bowl to deflate it slightly. Keep folding and rotating bowl until batter runs off the spatula and looks like thick ribbons or lava folding slowly onto itself. Ribbons should disappear within 30 seconds.
- 8- . When the batter looks shiny, stop. You may have to experiment with the right amount of mixing for your kitchen equipment.
- 9- Fill a piping bag with the batter. Holding the tip close the surface at a slight angle, pipe each macaron in a single dollop without moving the bag. The batter should spread a bit so give it a little extra room in the circle.
- 10- Drop the tray on the counter 8-10 times to flatten the tops and force out air bubbles.
- 11- Using a toothpick, carefully pop any air bubbles that appear.
- 12- Garnish the shells if desired.
- 13- Let the macarons rest for 30 minutes-2 hours, until you can touch the surface with your finger and the batter doesn't stick to your finger. It forms a type of skin on top.
- 14- Preheat oven to 300 degrees (conventional) 30 minutes before you plan to bake. Remove template page from

underneath parchment and bake macarons one sheet at a time on the middle rack for 14-16 minutes, until firm but not browned. "Feet" shouldn't move when pressed gently on the top. Remove from oven and slide the paper onto a cooling rack. Once cooled, peel the cookies from the rack. \*\*Some chefs recommend baking at 320° for 12-14 minutes.

- 15- Fill with desired filling by dropping a dollop of filling on one side of cookie, place top on and twist slightly to push filling to edge. Chill at least 24 hours before serving. Makes 12 macarons.

*Inspired by recipe from The Macaron Master.*

Macaron Templates: <https://www.template.net/design-templates/print/macaron-template/>