

So you Want to make Macarons?

Macarons are hugely popular for such a little cookie, but making them isn't as hard as you'd think! Just follow the steps exactly as shown, and you will never have to splurge to satisfy your cravings for those delightful desserts ever again!

There are two methods displayed here...the FRENCH, and the ITALIAN Method. Both recipes yield the same results- a delicious macaron cookie.

The French method involves fewer steps and fewer tools. However, it calls for aged egg whites (aged 12-24 hours ahead), as well as longer waiting times before and after baking. Results can be a little more inconsistent as the batter is delicate.

The Italian method is a lot more involved, and requires some multitasking! This method utilizes sugar syrup in the meringue and results in a sturdier more foolproof batter. Aging you egg whites and long wait times are not required.

FRENCH METHOD:

110g Almond Flour
200g Powder Sugar
100 g (aged 12-24 hrs.) Egg White
50g Granulated Sugar

1. We begin by sifting the almond flour with the powder sugar to break up and clumps.
2. Whip egg whites until foamy.
3. Add sugar to egg whites gradually, mixing until stiff, glossy peaks form.
4. Quickly but gently fold in almond mixture into the meringue.
5. Combine until a thick batter is achieved, that runs in ribbons off the spatula.
6. Transfer batter to piping bag and pipe small rounds onto the parchment – about 1-1 ½ inches wide.



7. Let sit for about an hour to develop a hard shell. OR if you touch the tops gently, they should not stick.
8. Bake at 350°F Bake for 8-12 minutes, depending on size. Wait for tops to be smooth, and “feet” to have formed.
9. Wait until completely cool before removing cookies from tray.
10. Pair cookies by size and fill your desired filling!
11. Squeeze a generous dollop of filling in the center then sandwich with the remaining cookie, pushing filling to the sides.

ITALIAN METHOD

212g Almond Flour
 212g Powdered Sugar
 82g+90g Egg Whites
 236g (+a pinch) Granulated Sugar
 156g Water

1. Preheat oven now to 350F

2. We begin by sifting and whisking the almond flour with powdered sugar to break up any clumps.
3. Make a well in almond flour mixture, pour in 82g of your egg whites and blend until smooth.
4. Heat Sugar & water until 200F
5. Begin mixing your egg whites on medium speed until soft peaks are formed, then continue mixing at low speed.
6. Immediately remove sugar syrup at 248F
7. Add Sugar syrup to egg whites gradually, mixing until stiff, glossy peaks form.
8. IF you are going to add color, do so now! (use powdered or gel colors only!)
9. Combine until a thick batter is achieved, that runs in ribbons off the spatula.
10. Transfer batter to piping bag and pipe small rounds onto the parchment-about 1-1 ½ inches wide.
11. NO waiting time needed!!
12. Transfer baking sheet to oven, immediately turn temperature down to 325F
13. Bake for 8-12 minutes, depending on size. What for tops to be smooth, and “feet” to have formed.
14. Cool shells briefly (approx. 5 mins) before removing from sheet.

SOME SUGGESTED FILLINGS:

Nutella, chocolate Ganache, Swiss Meringue Buttercream, Lemon Curd, Jams (serve immediately)

<https://www.behance.net/gallery/15486325/How-To-Macarons>