



You don't understand French, making macarons is a dream for you? Here is a resume and synthesis of the many macarons recipes in this blog is called for! So let's straighten out this mess and get organised!

First of all, let's be clear!

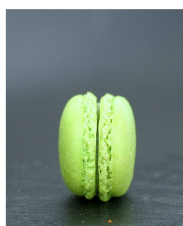


Discover macaron recipes version 2008

However, don't forget to consult "Desperately Seeking Macarons" for general instruction and organisational count down. The above blog was purposely exaggerated, not necessarily to be followed to the letter, especially if you have already mastered the art of making macarons but rather simply a way of having all the right cards in your hand.

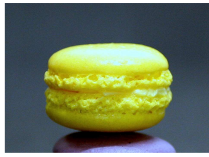
Here we are discussing two shell macarons - the latest in fashion and the ones everyone dreams of making perfectly

Now do you remember the principle? If you have already mastered the technique of beautiful macarons using another recipe, do you really need to try another one? Do you need to run the risk of disappointment? That's up to you. Why fold on a winning hand ??



On the other hand, if you are lacking experience or if the idea of Italian meringue petrifies you, or if you don't own a reliable candy thermometer [easily purchase at Ikea for about 7 euros] then don't worry, this recipe is for you.

Begin with classic macarons, you should obtain excellent results. This method is not only the fastest, but the most efficient as well. You can test out and learn to be master of you oven.



Basic meringue recipe

110grams egg whites [several days old, brought to room temperature the night before], 225g powdered sugar, 125g of finely crushed almonds [or hazelnuts] toasted prior 10 minutes at 150° oven [let cool], 30g granulated sugar, 1/2Tsp powdered food coloring.

Preheat oven to 145°/150° [for small macarons], 160°/170° [for large macarons], preheat smooth baking sheet at the same time.

Mix together pulsing - quickly and without heating- the powdered sugar and finely crushed powdered almonds using a magimix or food processor and or sift together.

Beat egg whites, beginning slowly until they form a peak, add 2 drops of lemon juice and a pinch of salt bring to a foam like texture then progressively add the sugar.

At the end of this stage, add 1/2tsp of selected food coloring.

Add half of the powdered sugar and nuts to the beaten egg whites and mix well using a rubber spatula or a "corne" [a half moon plastic disk] using a bottom to top movement starting from the center of the mixing bowl. Once the mixture is well blended and homogeneous, add the remaining powders and continue to blend together. This is called "macaronner".

The mixture should be firm and glossy; it should be pliable but not too liquid. You should at this point be able to form a ribbon.

Using a silicon paper covered perforated cookie sheets, pipe out the macarons in regular, alternate rows onto the cookies sheets.

Place filled cookies sheets onto hot baking sheets in preheated oven without air drying 13 minutes for small macarons and a few more minutes for large macarons.

Let slightly cool before removing the macarons from the cookies sheets.

If you use siliconed paper, the cookies should detach easily from the paper, no need to moisten the paper to prevent sticking.

An interesting technique is to slightly press the inside of the macaron shell, using your thumb to lightly indent the still warm macaron. This enable you to fill the shell without the garnish or ganache spilling over.

Baking times are indicated, however adjust in accordance to your oven, its quirks and reliability.

Depending on the humidity of the weather, it can at times be necessary to let the piped out macaron mixture airdry 40 mins to 1 hour or more. I do not air dry the mixture.... However if you encounter crackling problems or unevenness of edges, Try this out!

The above quantity results in 120 macaron shells or 60 assembled macarons.

Macarons can be frozen. My preference is to freeze only the macaron shells, then garnish them without prior defrosting, 48 hours before tasting.



Italian meringue recipe

2 X 40g of eggs whites, 25g granulated sugar, 100g of finely crushed powdered almonds, and 100g of powdered sugar. **Syrup**: 100grams sugar and 35g water.

Preheat oven to 145°/150° introducing one or more - depending on your oven capacity- cookie sheets to heat at the same time.

Sift together or **quickly process** in Magimixer the powdered sugar and powdered almonds. Beat slowly 40 grams of **room temperature** egg whites adding 25grams of sugar, until the form peaks. Meanwhile heat the 100grams of sugar and 35grams of water **to 110°**. **Do not stir**.

Slowly pour the obtained syrup in a thin stream onto the egg whites beating at medium speed and continue the beating until they have cooled down to 40°C, approximately 10 minutes.

Mix together the 40grams of non beaten egg whites with the sifted powders, add the food coloring then fold in half of the Italian meringue mixture using a rubber spatula employing the "**macaronner**" technique, from bottom to top from the center of the bowl, add second half and continue to "macaronner".

Fill pastry pouch with 10mm smooth tip and pipe onto **perforates cookie sheet** covered with parchment or siliconed paper. Bake 13 minutes - more or less depending on the reliability of your oven-

Macaronner = Working the mixture using rubber spatula or half moon plastic disk to make it more pliable, using a bottom from top movement starting from the center of mixing bowl. It should be smooth and glossy, supple but not liquid.

These proportions should result in approximately 60/70 macaron shells, or 30/35 assembled macarons.



Why use aged egg whites ??

For recipes when egg whites are not cooked, such as chocolate mouse, very fresh egg whites should be used, just separated from the yolks. However for meringues, macarons and other cookies, it is preferable to use egg whites separated for at least 3 or 4 days prior. You should keep them chilled in the fridge in a sealed container and bring them to room temperature the day before or a few hours prior using them. Overly fresh egg whites will rise well at first, then have tendency to become grainy -thus falling apart. They will be fragile and above all **will collapse** once baked. Egg whites, broken by being chilled, or even frozen, will be more liquid, will remain smooth and not spread out during the baking process [source Pierre Hermé]



Why must the syrup reach 110° ??

Italian meringue recipes often state that the syrup must attain 117° temperature. If this works for you, don't change a thing. At the Valrhona School of Chocolate, the method taught in classes is to obtain a syrup at 110° for macarons. The most crucial point is that the syrup **attains this temperature**. If

your egg whites are not totally beaten at this point, continue letting them beat, the syrup can wait a few moments. On the contrary, if your whites are ready before the syrup attains temperature, **do not stop** the processor or electric mixing bowl, and leave it running at slow speed.



Simple Ganache:

60 grams of fruit pulp or 35 grams of pistachio paste, black sesame paste, a large Tbs of instant coffee, 65 grams of heavy whipping cream, 140 grams of Ivoire Valrhona white chocolate.

Melt the chocolate over a double boiler, add the whipping cream heated to a boil in 3 times, emulsifying with rubber spatula, and then add selected fruit pulp.

Dilute pistachio paste, sesame or coffee in the hot cream before emulsifying.

Let crystallise at room temperature.

Garnish the macarons two by two with selected filling.



Whipped Ganache :

50 grams + 125 grams of 35% whipping cream, 8 grams acacia honey, 105 grams of Ivoire Valrhona white chocolate, 1Tbs instant coffee [or pistachio paste, black sesame etc.]

The day before: bring 50 grams of whipping cream and honey to a boil, into which you may dissolve the coffee, pistachio or sesame paste or an infused perfumed tea. Emulsify adding in 3 times to the just melted white chocolate base over a double boiler. Let cool and add 125 grams of **chilled** whipping cream. Keep **overnight** cold in the refrigerator. The following day whip until firm.

You may vary the flavours according to your own inspiration.



Other garnishes or fillings

Depending on your taste, you can garnish the macaron shells with a mousse like flavoured cream, jelly or jam, softened 50% fruit flavoured almond paste or marzipan, lemon curd, a mascarpone mousse, whipped cream, crushed fruit bits or spices.

Do not forget to garnish the shells 2 days before tasting. Keep chilled in the fridge but do not store in sealed container, this could cause condensation leading to over softened macarons. Bring to room temperature a good hour before serving.



Food coloring :

Use preferably good quality food coloring either powdered or paste. Liquid coloring has a tendency to modify the mixture structure.

Look for good addresses and hints under the heading of "**Bons Plans**" on the home page of this blog, if you live in France !!!!



Enjoy !