

# FRENCH MACARON RECIPE

By: The Dessert Stand

- 4 large egg whites
- 1/3 cup granulated sugar
- 1 1/2 cup powdered sugar
- 1 cup almond meal (flour)
- 1/4 teaspoon of salt
- Flavoring & Coloring of your choice

## Directions

Preheat oven to 300 degrees

Sift together the almond flour and the powdered sugar and set aside

Wipe your whisk attachment and mixer bowl down with vinegar. This is needed to remove traces of fat or contaminates on your bowl & whisk. This is essential when whipping egg whites!

Combine egg whites with granulated sugar, set on medium/ high speed until the mixture is foamy. After foamy, set to the highest speed to form a super stiff meringue. It should be stiff and ball up around the whisk attachment. (You should be able to flip your bowl over and nothing will move. )

Now add your flour mixture to the meringue. Using a spatula, start slowly folding to combine the dry ingredients with the meringue.

After folding a few times, you can now add your gel or powder based food coloring and flavoring of your choice.

Smooth the batter on the sides of the bowl to properly get rid of air bubbles. Scrape the side and bring it back together. Repeat this until you have reached a consistency that is thick and everything is combined. The consistency of the batter should not be running off of your spatula quickly, but rather in a slow ribbon falling off of your spatula. The batter should hold a decent form in the bowl, but if you tap the bowl it will disperse and become smooth.

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## Directions Continued

*Once consistency has been reached, pour into piping bag. Place parchment or silicone mat on cookie sheet. Use circle template to get uniform cookies, and make sure to space the cookies at least 1" away from each other.*

*Bang the tray 3-4 times to remove any of the remaining air bubbles. Tip: If there are any air bubbles use toothpick/ scribe to pop the air bubble and swirl batter back together.*

*Bake shells after resting and no longer tacky to the touch, for 20-25 minutes. If you notice that the cookie is browning on one side- rotate half way through. You will know they are ready when the cookie removes easily from the parchment/silicone.*

*Remove from the oven and let cool before removing macaron shells*

*Fill shells immediately, or store them in an airtight container if filling later.*

*TIP: For best results let finished macarons mature for 24 hours before eating.*

*Yield will depend on the size of the cookies you are making-- Makes approximately 30 shells.*