



FRENCH MACARONS

NATURALLY GLUTEN-FREE! (MADE WITH NUT FLOUR)

 24 shells or 12 filled macarons

 1.5 hours



INGREDIENTS FOR SHELLS

65 grams almond flour
65 grams powdered sugar
2 egg whites
pinch of salt (or $\frac{1}{8}$ tsp cream
of tartar)
45 grams granulated sugar
1-3 drops gel food coloring

Troubleshooting & Inspiration:
www.indulgewithmimi.com

DIRECTIONS

1. Sift almond flour and powdered sugar together until no lumps remain.
2. Beat egg whites with electric mixer until foamy, then add cream of tartar (or pinch of salt).
3. Once beaters start leaving tracks in the egg whites and mixture turns opaque, add the granulated sugar, $\frac{1}{3}$ at a time until soft peaks form.
4. Add 1-3 drops gel food coloring and whip until stiff peaks form. When you lift the beaters the meringue should stand up straight up in points.
5. Pour $\frac{1}{3}$ of the almond/powdered sugar mixture in the egg whites and gently fold until incorporated. Be patient so you don't deflate all the air! Keep going until all the mixture has been combined.
6. Keep folding until you reach a honey-like consistency, called macronage. This is characterized by being able to do the "figure-8" test. (We'll show this in class!)
7. Place your macaron template under parchment paper on a baking sheet and pipe shells using a pastry bag and round tip (Wilton 1A). Tap tray on counter to remove air bubbles and let shells rest until a "skin" is formed.
8. Remove paper template and preheat oven to 320 degrees F. Bake one tray of shells on middle rack for 12-14 minutes.

FRENCH MACARONS:

TWO DELICIOUS, EASY FILLINGS!

🍴 2+ cups &
1+ cups

🕒 5-15 min.



INGREDIENTS FOR FILLINGS

White Chocolate Cream Cheese Filling

2 sticks butter, softened
8 ounces cream cheese
1 package white chocolate
chips
fresh lemon juice

Easy Chocolate Ganache

1 cup semisweet or dark
chocolate --chips or
chopped chocolate
½ cup heavy cream
2 tbsps butter

DIRECTIONS

For **white chocolate cream cheese filling**, set both the butter and cream cheese out to soften, then cream both together with an electric mixer. Melt the white chocolate chips in a microwave safe bowl 30 seconds at a time, stirring between each interval until just melted. (Be careful! White chocolate scorches easily!) Blend melted white chocolate into cream cheese/butter mixture and add a bit of fresh lemon juice to taste for “brightness” and complexity. This will be the perfect consistency for piping right away on cooled macaron shells.

For **chocolate ganache**, heat heavy cream in a small saucepan on low heat ‘til hot but not boiling. Once it comes to a simmer, remove from heat and pour over the chocolate chips. Let bowl sit for one minute then blend chocolate and cream, add butter, and whisk ‘til combined. This will need to be refrigerated (approx. 45 min) until it gets to an icing-like consistency for piping, or you can simply spread or dollop on macarons once it cools.