

FRENCH MACARONS

NATURALLY GLUTEN-FREE! (MADE WITH NUT FLOUR)

 24 shells or 12 filled macarons

 1.5 hours



INGREDIENTS

*Tip: Wipe down all your equipment with lemon juice or vinegar to ensure a squeaky clean surface!

95 grams almond flour
85 grams powdered sugar
80 grams egg whites
pinch of salt (or 1/8 tsp cream of tartar)
75 grams granulated sugar
1-3 drops gel food coloring

DIRECTIONS

1. Whip egg whites on medium-low until foamy, then add cream of tartar.
2. Slowly stream in granulated sugar. Increase to medium-high.
3. Add gel food coloring and whip to Stiff Peaks (the meringue should stand straight up).
4. Add all sifted dries into the mixer bowl at once and turn mixer to "Stir" (Speed 1) for 15–20 seconds. Scrape beater and stir 15 more seconds, then stop mixer and hand-finish macronage until the batter flows like "lava" in a slow, thick ribbon.
5. Pipe onto prepared trays. Bang trays firmly on the counter 3–4 times to release air. Pop stubborn bubbles with a toothpick.
6. Place tray in preheated oven. (250° for Convection / 275° for Standard.)
7. IMMEDIATELY TURN THE OVEN OFF and prop the door open 1–2 inches with a wooden spoon. Timer: 3 minutes for Convection / 6 minutes for Standard. Note: you may need to leave the tray in a standard oven a little longer to allow a "skin" to form.
8. Remove the spoon and close the oven door and immediately turn oven back ON to 285°F (Convection) or 300°F (Standard). Bake for 14–15 minutes. Wiggle Test: If the top doesn't move independently of the feet, they are done.
9. Turn oven off, prop the door, and let sit for 2 minutes to avoid thermal shock.
10. Cool completely on the tray before removing.