




Macarons

Ingredients (15 persons):		
200g egg whites, aged overnight	160g caster sugar	 Preparation time: Cooking: 13 min – 325° Type of cooking: Bake
splash of lemon juice or other acid	3 drops gel food coloring	
1/2 teaspoon cream of tartar	250g almond flour, sifted	
1 teaspoon lemon extract (or other)	250g powdered sugar, sifted	
<u>Equipment:</u>	vanilla butter cream (just google it)	
sifter/sieve	several baking sheets	
several glass or metal bowls	parchment paper	
electric mixer	piping bags with round tip	
rubber spatula	cooling rack	

Preparation:

- 24 hours in advance, wipe down a bowl with lemon juice and measure out 200g of egg whites. cover and aged overnight in the fridge. Don't throw out the egg yolks you savage, use them to make ice cream!
- Take the egg whites out and bring to room temperature. Get ready to spend a couple hours in the kitchen.
- Clean your mixing bowl with lemon juice. Also clean the whisk and rubber spatula with lemon juice. Offer the remainder of the lemon to your dog. If they don't want it, use it to make a cocktail (mocktail if you prefer).
- Enjoy your martini while you wait for your egg whites to come to room temperature. Google "Macaron Figure 8 Test".
- Add egg whites, cream of tartar and lemon extract to the bowl. Beat together on medium speed until very soft peaks form.
- Turn off the mixer and mix in about one fifth of the sugar. Return the mixer to medium-high speed and slowly (I SAID SLOWLY) incorporate the remainder of the sugar. Whisk until stiff glossy peaks form, then STOP!!! You should be able to do the Dairy Queen Blizzard Test thing.
- Moving forward you will need to be gentle and patient to ensure you don't over-deflate your egg whites. Macaron crackers suck.
- In a separate bowl, thoroughly combine the sifted almond flour and powdered sugar. You could have just sifted them together but now it is too late.
- Add about 1/5 of the egg whites to the flour (egg whites to flour, not vice-versa), gently folding them in. Repeat five times (note $5 \times 1/5 = 1$). Continue folding until you reach perfect Figure 8 absorption, then stop!
- Spoon the macaron batter into a piping bag. Pipe out cookies onto parchment-covered baking sheets. Start pre-heating oven to 325.

11. Bang/drop the pans several times on your counter to force out air bubbles. Let your cookies rest about 45 minutes until you can gently run a finger across them and not stick.
12. Bake for 13 minutes (I bake mine in batches). Let them cool in the pan for fifteen minutes then move them to a wire rack. Wait another 15 minutes or so and you are ready to fill them with butter cream (I use a piping bag here as well).
13. Look up how to pronounce macaronage so you can impress your friends. Enjoy!