

# French Macarons

**Yield:** 15 complete cookies | **Rating:** 5/5 | **Prep:** 1 hr | **Cook:** 17 min | **Cool:** 20 min | **Source:** Preppy Kitchen

## Ingredients

- 100 g room temperature egg whites \* (3 large average)
- 130 g powdered sugar
- 130 g fine almond flour
- 90 g granulated sugar
- 1 tsp vanilla (optional)
- ¼ tsp salt
- ¼ tsp cream of tartar



## Instructions

1. One day ahead, place egg whites in a bowl and cover with plastic wrap. Poke large holes in the top and leave in refrigerator overnight
2. Preheat oven to 320°F and place rack in the middle of the oven
3. Fit a sheet tray with a Silpat™ sheet marked with macaron circles OR line with parchment paper marked on the underside with 1 1/2" circles.
4. Sift the almond flour and powdered sugar into a food processor. Blend for about 15 seconds. Shake the mixture and blend another 15 seconds. Remove to a medium bowl.
5. In a large bowl with a hand mixer OR in a stand mixer, place the egg whites. Start on low speed to break up the proteins. Gradually increase speed until whites become foamy. Add the salt and cream of tartar. Continue to whip on medium-high speed to soft peaks. At this point, add any GEL or POWDERED coloring (do NOT use liquid food coloring) and optional vanilla extract. Then, increase the speed to high and SLOWLY add the granulated sugar in very small amounts (too fast and you'll deflate the air in the whites). Continue whipping until you have STIFF peaks. They should look glossy and hold themselves to the beaters/whisk without drooping.
6. Transfer the whipped meringue to the large bowl and add about 1/3 of the almond flour/sugar mixture. Gently start folding to incorporate the dry ingredients. Add remaining flour/sugar and continue to fold. This is called "macoronage" in French cuisine. Continue folding but occasionally checking that you can make a "figure 8" in the batter without it breaking from the spatula. Once you can make this figure 8, IMMEDIATELY STOP. Overmixing the batter will make it runny.
7. Transfer batter to a piping bag fitted with a large nozzle. Holding the bag perpendicular to the tray, gently squeeze filling the circle. Immediately stop pressure and "flick" the nozzle to avoid a peak on the cookie.
8. After filling the tray, immediately slam the tray 3-4 times on the countertop to smooth out the cookies and remove any large air bubbles.
9. Set the tray aside and allow the tops to dry 30-60 minutes until you can gently brush your finger across the top and nothing sticks.
10. Place in middle rack of oven and bake 15-17 minutes rotating the tray halfway through. You should see "feet" developing at the bottom. At the end of baking, gently grasp one cookie and VERY gently attempt to "wiggle" back and forth. There should be little to no give.

**11.** Remove from the oven the allow to completely cool. Fill and sandwich the cookies with your favorite filling (i.e., ganache, buttercream, lemon curd, etc). They are best when they have been filled and refrigerated for 2-3 days. This softens the center and allows the filling to permeate the middle of the cookie.

**12.** Additional tips can be found in the video link for Preppy Kitchen

**13. NOTE:** Some egg whites can be watery and this is why it is highly recommended that they "age" overnight in the refrigerator. Also, the recipe is in GRAMS because macarons are a VERY fussy and difficult cookie to make (you may have a few failures which can be normal). By measuring in grams rather than volume (i.e., cups), you reduce the risk of failure. This is true of all baking - if you use a kitchen scale and make all of your recipes by WEIGHT, you will have consistent results every time. Finally, it is a good idea to invest in a cheap oven thermometer. This ensures that your oven is true to the temperature that you set it at. Ovens can vary by up to 50° cooler or hotter which can seriously affect your baking.

I also stress that you do NOT add liquid food coloring (like the stuff you can buy in the grocery store). It adds liquid to the batter and WILL affect the final cookie. Instead, use gel or powdered colors which can be purchased at any bakery supply, hobby, or online at stores like Amazon.