

Macarons



Ingredients:

100g almond flour (super fine, blanched almond flour is best)
100g powdered sugar
100g granulated sugar
3 large egg whites (aged for at least 24 hours, if possible)
Pinch of salt
Food coloring (optional)

Ingredients for the French Buttercream Filling (optional):

3 egg yolks
1/2 cup granulated sugar
1/4 cup water
1/2 stick (4 tbsp) unsalted butter, softened

Instructions:

- 1. Prepare:** Sift together the almond flour and powdered sugar into a large bowl. Set aside.
- 2. Whip the egg whites:** In a clean, grease-free bowl, whisk the egg whites with a pinch of salt until foamy. Gradually add the granulated sugar while whisking on medium speed until stiff peaks form. You should be able to turn the bowl upside down without the whites falling out.
- 3. Macaronage:** Gently fold about 1/3 of the dry ingredients into the egg whites until just combined. Repeat with another 1/3, then fold in the last 1/3 along with any food coloring, if using. The batter should be thick and glossy, flowing off the spoon like lava and forming a figure eight without breaking.
- 4. Pipe and rest:** Line baking sheets with silicone mats or parchment paper. Fill a piping bag fitted with a round tip with the batter and pipe 1-inch circles, leaving space between them. Tap the pan firmly on the counter to remove air bubbles. Let the macarons rest for 30-60 minutes at room temperature until a light skin forms.
- 5. Bake:** Preheat the oven to 300°F (150°C). Bake the macarons for 15-20 minutes, rotating the pans halfway through. Let them cool completely on the baking sheet before removing.
- 6. Filling (optional):** While the macarons cool, make the French buttercream filling. Combine the egg yolks, sugar, and water in a heatproof bowl set over a pan of simmering water. Whisk constantly until the mixture thickens and becomes pale yellow. Remove from the heat and whisk in the softened butter until smooth and creamy.
- 7. Assemble:** Pipe or spoon the buttercream onto half of the macarons and sandwich them together with the remaining halves. Let them chill in the refrigerator for at least 2 hours before serving.