

# VANILLA AND DARK CHOCOLATE MACARONS

## EQUIPMENT

BLADED MIXER, MIXING BOWLS, PIPING BAG WITH SIZE 7-8 STRAIGHT NOZZLE, RUBBER SPATULAS, FINE MESH SIEVE, SMALL SAUCEPANS, SCALES, CHEF KNIFE, ELECTRIC MIXER WITH WHISK ATTACHMENT, BAKING SHEETS, BAKING PAPER, COOLING RACK, PALLET KNIFE, DIGITAL THERMOMETER

## INGREDIENTS

200GM ALMOND MEAL, 200GM PURE ICING SUGAR, 75GM EGG WHITE + 75GM EGG WHITE, 60GM WATER, 180GM CASTER SUGAR

### INGREDIENTS - DARK CHOCOLATE GANACHE FILLING

300GM DARK CHOCOLATE, 30GM BUTTER, 200GM THICKENED CREAM

## METHOD

BREAK UP THE DARK CHOCOLATE INTO BITE SIZE PIECES AND PLACE INTO A MEDIUM SIZED MIXING BOWL WITH THE BUTTER, PLACE THE CREAM IN SAUCEPAN AND PLACE OVER A MEDIUM HEAT UNTIL BOILING

ONCE BOILED POUR THE CREAM OVER THE CHOCOLATE AND SET ASIDE

IN A LARGE MIXING BOWL PASS THE ICING SUGAR THROUGH THE SIEVE AND SET ASIDE

PLACE THE ALMOND MEAL IN THE BOWL OF A BLADED MIXER AND BLITZ UNTIL YOU ACHIEVE A FINE POWDER, REMOVE FROM THE MIXER AND PASS THROUGH THE FINE MESH SIEVE INTO THE SAME BOWL AS THE ICING SUGAR

SPLIT THE VANILLA BEAN AND SCRAPE OUT THE SEEDS, CHOP THE SEEDS ON THE CHOPPING BOARD THEN ADD TO THE ICING MIX AND RUB TOGETHER WITH YOUR HANDS AND SET ASIDE

RETURN TO THE CHOCOLATE MIX AND FOLD THE WARM CREAM THROUGH UNTIL SMOOTH AND SET ASIDE AGAIN

PLACE 75GM OF EGG WHITES IN THE BOWL OF AN ELECTRIC MIXER AND TURN IT ON TO HIGH SPEED. PLACE THE WATER AND SUGAR IN A SMALL POT AND PLACE OVER HIGH HEAT UNTIL BOILING

PLACE THE OTHER 75GM OF EGG WHITES INTO THE ICING AND ALMOND MIX AND FOLD THROUGH UNTIL YOU END UP WITH A THICK PASTE

ONCE THE SUGAR HAS BOILED PLACE THE THERMOMETER IN THE POT AND COOK UNTIL YOU REACH 115 DEGREES CELCIUS

REMOVE FROM THE HEAT AND SLOWLY POUR THE SUGAR SYRUP OVER THE BEATING EGG WHITES IN THE MIXER, DO NOT STOP THE MIXER. CONTINUE TO BEAT UNTIL ALL THE SUGAR SYRUP HAS BEEN ADDED

KEEP THE MIXER BEATING UNTIL THE MIXING BOWL IS COOL TO THE TOUCH

ONCE COOL REMOVE THE WHISK FROM THE BOWL, USING A RUBBER SPATULA ADD HALF THE MERINGUE TO THE ALMOND AND ICING MIX AND MIX WELL

ADD THE OTHER HALF AND MIX THROUGH UNTIL EVEN IN COLOUR AND SMOOTH

FILL THE PIPING BAG AND PIPE 6 SMALL DOTS OF MIX ON TO EACH BAKING TRAY AND PLACE THE BAKING PAPER ON TOP AND RUB THE MIX IN TO PREVENT THE PAPER FROM CURLING DURING BAKING

### **METHOD – Cont'd**

PIPE THE MIXTURE ON THE BAKING PAPER ABOUT THE SIZE OF A 20 CENT COIN OR LARGE WALNUT, LEAVE ROOM IN-BETWEEN EACH MACARON TO ENSURE EVEN BAKING

ONCE YOU HAVE FILLED A TRAY TAP THE TRAY ON THE BENCH WITH SOME VIGOUR TO KNOCK OUT ANY AIR BUBBLES

CONTINUE PIPING UNTIL ALL THE TRAYS ARE FULL AND NO MIX IS LEFT

THE MOST IMPORTANT PART OF THE PROCESS IS NEXT, LEAVE THE TRAYS OUT FOR AT LEAST 15-20 MINS UNTIL A SKIN FORMS ON THE SURFACE OF THE MIX, GENTLY TOUCH THE SURFACE TO MAKE SURE THEY HAVE DRIED SUFFICIENTLY

THE MIX SHOULD NOT STICK TO YOUR FINGER AT ALL, ONCE FULLY DRY PLACE IN A PRE-HEATED OVEN ON DRY OVEN SETTING, ENSURE NO MOISTURE SETTINGS ARE SET. 135 DEGREES FOR 15-20 MINS

ONCE BAKED REMOVE 1 MACARON TO ENSURE THE BASE IS DRY AND BAKED THROUGH, IF SATISFIED REMOVE FROM THE OVEN AND PLACE DIRECTLY ON A COOLING RACK TO COOL

ONCE COOL MATCH PAIRS OF MACARONS THAT ARE THE SAME SIZE AND SET ASIDE

FILL THE PIPING BAG WITH ROOM TEMPERATURE CHOCOLATE GANACHE FITTED WITH THE SAME NOZZLE AND PIPE GANACHE ON TO EACH HALF. PLACE THE OTHER HALF ON TOP OF THE GANACHE AND SLIGHTLY PRESS DOWN TO EVEN OUT THE FILLING, SERVE WITH STRONG COFFEE OR DESSERT WINES

### **HINTS & TIPS**

- MACARONS OFTEN FAIL DUE TO IMPATIENCE, THE KEY TO SUCCESS IS LETTING THE PIPED MIX DRY OUT SUFFICIENTLY
- IF YOU WANT TO ADD COLOUR TO YOUR MACARONS BUY POWDERED FOOD COLOURING, THE ADDITION OF LIQUID COLOURS WILL CHANGE THE CONSISTENCY THEREFORE THE END MIX
- ALTHOUGH NOT VERY G.I FRIENDLY MACARONS ARE GLUTEN FREE, MOST OF THE SUBSTANCE TO THESE LITTLE TREATS IS SUGAR
- MACARONS FREEZE VERY WELL, MAKE THEM IN LARGE BATCHES AND FREEZE THE SHELLS WITHOUT THE FILLING