

Macarons

Makes 160

Ingredients

450g Almond Meal Blitz in the thermomix mix

450g Icing Sugar

3g Powdered Egg White

165g Egg Whites

450g Caster Sugar

112g Water

Food Colouring Required

165g Egg Whites

Method

Grease 3 large baking sheets and line with non – stick baking paper or silpat.

Combine the almond meal and icing sugar in a bowl. Use a large spoon to push the mixture through a fine sieve into a large bowl. Put the egg whites in an electric mixer with a whisk attachment. Put the sugar and water in a small saucepan over low heat and stir until the sugar has dissolved. Use a clean pastry brush to brush down the side of the pan to avoid any crystallisation. Increase the heat and bring to the boil. Add the food colouring at this stage if required. Cook until the mixture reaches 118 degrees. When it is getting close to this temperature, add the powdered egg white to the egg whites in the mixing bowl and whisk on medium speed until frothy.

Once the sugar syrup is at the right temperature, increase the mixer speed to high and slowly add the sugar syrup in a steady stream down the side of the bowl. Whisk until warm, about 8 minutes. Add the extra egg whites to dry ingredients then add the meringue and use a large spatula to fold them through until combined.

Continue to fold the mixture so it begins to loosen. Working the mixture this way will slightly soften the meringue. When the mixture falls slowly off the spatula it is at the right texture. The texture is important for the next stage, which is piping.

Transfer the mixture to a piping bag and pipe.

Leave the macaron at room temperature for 20 minutes until skin forms. Preheat oven to 135 degrees and bake for 15 minutes at 3 bar until they have a firm outer shell. Remove from the oven and set aside for 2 minutes then remove.