

French Macarons

PREP TIME

30 minutes

COOK TIME

17 minutes

RESTING TIME

1 hour

TOTAL TIME

1 hour 47 minutes



Ingredients

- 90 grams almond flour
- 175 grams powdered sugar
- 45 grams granulated sugar
- 3 egg whites, room temperature
- sprinkle of cream of tartar
- pink gel food dye

for the filling

- 1/2 cup unsalted butter, room temperature
- 1/4 cup powdered sugar
- 1 tablespoon strawberry jam

Instructions

1. To a flour sifter, add the almond flour and sift into a large bowl until you're only left with very coarse flour granules that couldn't pass

through the sieve. Toss this coarse granules away. Repeat this step with the powdered sugar, sifting the sugar into the bowl.

2. In a large clean bowl, or the bowl of a stand mixer, add the egg whites and the sprinkle of cream of tartar. Whisk on high speed until they lose their yellow tint and become extremely frothy - about 1 minute.
3. Lower the speed to medium and gradually add the granulated sugar in as you continue mixing. Raise the speed to high after you've finished adding the sugar and mix on high speed for about 2 minutes and 10 seconds, until you get egg whites that are stiff enough to stick to the whisk and form straight tips, but not so stiff that the egg whites are hanging off the whisk in large clumps.
4. Use a toothpick to poke each end into the gel food dye and smear into the egg whites. Use a rubber spatula to gently incorporate the dye into the egg whites. Add more dye using the same process for a stronger hue.
5. Once your egg whites have obtain the color you like, add the dry ingredients into the egg whites in 3 to 4 separate batches. Gently fold each batch of dry ingredients in, taking care not to deflate the egg whites too much. The mixture will look dry and hard to mix in the beginning but as you get near the end of this macaronage step, the batter will look more smooth and velvet-y. You will know you've folded enough when the batter falls off your spatula in a slow yet steady manner, forming ribbon-like formations on top of the rest of the batter. If it's undermixed, it will fall off in big globs. If it's overmixed, it will be far too runny - you'll have to start the recipe again as your macarons will spread too much and never form proper "feet."
6. Line a [baking sheet](#) with a macaron-stenciled silicone mat, or a piece of parchment paper. Place a large [pastry bag](#) fitted with a small plain tip into a large, tall glass. Then, fill the [pastry bag](#) with your macaron batter. Holding the [pastry bag](#) straight above the stenciled circles (or

just a piece of parchment paper), [pipe](#) out batter to the rim of the stenciled circles (or 1 inch wide mounds). After 15 seconds, the batter should slightly smooth out a bit on the top. Space the macarons about 3/4" apart if you're not using a stenciled mat. If your shells have any little pointed peaks on top from your piping, you can rub your index finger in some water and gently smooth out the peaks on top of the macaron shells.

7. Give the baking mat a gentle tap on the counter a few times to pop any air bubbles. Then, let the macarons dry on the mat until they're dry to the touch, typically around an hour. If you live somewhere where the humidity is greater, they may need longer. If you live somewhere cool and dry, it can be sooner. You'll know they're ready because you'll be able to gently rub your finger across the top of the macaron shells with any sticky residue being left on your fingers. Preheat the oven to 325°F.
8. Once ready, bake at 325°F for 10 minutes. Reduce the oven to 285°F and continue baking for another 7 minutes. Let the macaron shells cool on the baking sheet.
9. Create your filling by beating the butter and sugar together until smooth and creamy. Add the strawberry jam and mix again to blend. Use a rubber spatula to scrape the edges of the bowl and finish getting everything mixed together well.
10. Once the macarons are cool, use a butter knife to apply the filling to a macaron shell. Grab another shell that matches in size and gently press down onto the filling to create a sandwich. Place in an airtight container (if you store them in the fridge, they'll last longer).