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Macaron Masterclass – French Macarons



Equipment:

- Digital weighing scale
- Electric handheld whisk or stand mixer
- Food processor
- Sieve
- Spatula
- Spoon
- Measuring spoons
- Piping bag
- Circular nozzle (5-10mm diameter)
- Baking tray
- Greaseproof paper or silicon mat
- Cocktail sticks



Ingredients

- 57g ground almonds
- 115g icing sugar
- 72g egg whites at room temperature
- 36g caster sugar
- ½ tsp salt
- 1tsp vanilla extract

Method

- 1) Blitz the ground almonds and icing sugar in a food processor for 1 minute, mix with a spoon, and process for 1 more minute.
- 2) Measure your egg whites, caster sugar and salt into a clean, dry bowl (preferably stainless steel). Using a whisk attachment, whisk for 2 minutes on speed 4 and 2 minutes on speed 6. It should be fairly thick at this stage but not very firm yet.



- 3) Add the vanilla essence to your meringue and any food colouring you wish to use. Whisk on speed 8 for 1-2 minutes until the colour is mixed through. It should clump in the whisk when you lift it up and have a 'bird's beak' but still look quite glossy and not dry.



- 4) While the meringue is mixing, sift your dry ingredients into a bowl. You should have around 1tbsp left in the sieve that won't go through. Discard this; don't be tempted to add it back in!



- 5) Prepare your piping bag & nozzle and baking paper or silicon mats on your trays.

- 6) When your meringue is ready, tip 1/3 of your dry ingredients into the meringue. Using a spatula, carefully fold them together until just incorporated. Tip the rest of the dry ingredients in and fold gently until incorporated. Then rotate the bowl and at the same time push some of the mixture against the sides over and over, stopping to fold it all together every few strokes.



- 7) Drizzle a spatula-full of batter into the bowl and time it – it should almost disappear back into itself within 20 seconds. Immediately put half the mix into your piping bag.
- 8) Put four dots of batter at each corner of your tray to keep the baking paper flat if you are using greaseproof paper.
- 9) Using a template underneath, pipe your macarons out.
- 10) Drop the tray onto the counter from around 10cms a few times.
- 11) Use a cocktail stick to pop any remaining air bubbles.



- 12) Rest macarons until a dry skin is formed on top – I put them in my top oven on very low (around 30-40 degrees) for 10 minutes at a time, then on the counter, then back in the oven and out and repeat until fully rested and they have formed a dry, thick skin on top.

- 13) Bake at anywhere between 110 and 150 for 15 minutes depending on your oven or until they are 'firm on their feet'. You need to use an oven thermometer to know the exact temp. If you have a fan oven, avoid putting the tray directly in the middle in front of the fan – put it slightly above or below. I bake mine for 10 minutes with the door shut, then for at least another 15 minutes with the door wedged open slightly with a wooden spoon.
- 14) Allow to cool on the baking tray and then gently peel off.
- 15) Fill with Swiss Meringue Buttercream, French Buttercream, or ganache, mature in the fridge for 24 hours then serve!



Macaron Troubleshooting

	<p>Points/'nipples' on the tops – undermixed</p>	<p>Mix the batter some more before piping out, using the smooch then fold technique</p>
	<p>Too runny when piped – overmixed</p>	<p>Stop mixing earlier! Also, don't leave the batter long before piping as it breaks down very quickly</p>

	Cracked tops	Make sure you've banged your trays and used a cocktail stick to get rid of air bubbles. Rest the macarons for longer until they have a firm, dry skin on top.
	Browned tops	Try opening the oven door a crack half-way through, or bake on lower for longer
No feet		Rest for longer!
Feet have spread out		Oven temp too high, meringue overmixed
Lopsided feet		Baking paper not flat, not piped evenly or try rotating the baking sheet half way through, possibly oven hot spots
Hollow macarons		Meringue was beaten on too high a speed, try a lower speed and building up more gradually. Mature for at least 24 hours to get rid of hollows.
Too crunchy/overbaked		Use a moist filling like French buttercream or SMBC and leave to mature for a day or two longer
Flat macarons		Try mixing a tiny bit less so there's more 'body' to your batter
Macarons lose colour/brown		Ensure you are using a good quality brand like ProGel or SugarFlair. Add a little more colour to the meringue than you want the end result to look like, as they will lose colour being mixed with the dry ingredients. Crack the oven door open half way through or bake on a slightly lower heat.

You are welcome to join our exclusive Facebook group for students who have purchased the Macaron Masterclass! Here you can access tips, tricks and more troubleshooting. Just click here:

https://www.facebook.com/groups/2543961245879611/?source_id=1718563551709814