



ROYAL  
VOLUNTARY  
SERVICE

# MAKING macarons!

## THE REAL MACARON RECIPE

### **Ingredients**

1 medium egg white, or approximately 32g of egg white (used at room temperature)  
40g icing sugar  
40g ground almonds  
40g caster sugar  
Pinch of salt  
Gel colouring

### **Method**

1. Weigh all of the ingredients carefully, preferably using electronic scales for greater accuracy.
2. Sieve the icing sugar and almonds into a bowl and gently combine with a metal spoon.
3. Place the egg white into a clean, stainless steel bowl and add pinch of salt.
4. Using an electric hand whisk, start on a low speed until frothy and there is no sign of the liquid egg.
5. Add about half of the caster sugar and whisk again, increasing to high speed once the sugar is incorporated.
6. Whisk until you achieve stiff peaks. Add the remainder of the caster sugar and continue whisking on high speed again, until the mixture is very stiff and holds its peaks.
7. Add gel colouring at this stage and whisk into the mixture until fully incorporated. Do not over mix as it is important that the mixture remains stiff and the peaks are maintained.

8. Now add half of the dry ingredients to the meringue mixture and fold in with a spatula. Add the remainder and fold in, firstly gently and then increasing the speed and energy of mixing, folding and flattening the mixture against the side of the bowl, removing and redistributing some of the air, that you so carefully added in the early stages! Fold and beat until you have a thick, glossy mixture that drops from the spatula in a continuous ribbon and reforms in the bowl.
9. Transfer this to a piping bag. No need for a nozzle - just cut the tip of the piping bag cleanly with scissors, so that you have a hole of about 1cm. Pipe small circles – approx 4cm in diameter is a good standard size - onto baking parchment on a sturdy, flat baking tray, or even better onto a macaron silicon mat on a baking tray. If using parchment, use a template of circles drawn on paper and place under the parchment while you pipe. Remember to remove the paper before you put the tray in the oven. Piping can be a bit tricky – pipe from above and finish with a “C”-shaped action, before starting the next one. Don’t over fill the macaron mould, or the circles on the template. The mixture will spread a little as it settles.
10. Tap the tray firmly on the work surface to bring any air bubbles in the macarons to the surface. Allow to settle for up to 40 minutes, as preferred. (Some recipes insist on this but it is not actually essential).

### **Baking**

Top/middle shelf in fan oven at 140 C for 14- 16 minutes for 3cm macarons and 20 minutes for 4cm macarons. Tip! - For very pale colours, I would recommend turning the oven down to 130 C after 5mins to prevent browning. Keep an eye on the macarons – it’s OK to open the oven door – say after 10 minutes. They are cooked when they don’t wobble when you gently feel the shell. If in doubt, let them have another minute or two. It may take a couple of goes to find right temperature and timing for your oven.

Once out of the oven, leave the macarons to cool on the baking tray for 15 minutes or more. If they are properly cooked they will come away from the mat or paper very easily and cleanly. Be gentle with them! Tip! - I usually leave them for another half an hour or so before filling them – though that’s not totally necessary.

### **Filling**

Chocolate ganache, butter cream, lemon curd or anything delicious that takes your fancy! To make a very simple chocolate ganache, melt 50g dark chocolate with 50g of double cream in microwave – approximately 30secs – stir from the middle and add small knob or couple of slithers of butter. Stir well until smooth and glossy. Leave to cool and slightly set. Pipe the ganache into the centre of one macaron shell and sandwich with second shell, twisting gently to spread the ganache.

Pop into fridge – preferably for 24 hours, - to mature, and eat at room temperature. They’ll stay fresh and tasty for up to seven days in the fridge.

### **Additional Flavours**

- Chocolate macarons: Use 35g icing sugar and 5g cocoa powder, ( instead of 40g of icing sugar) and proceed as per the recipe
- Coffee macarons: Use 1 teaspoon of fine coffee powder with the ground almonds and icing sugar, and proceed as per the recipe
- Pistachio macarons: Use 30g of ground almonds and 10g of ground pistachio nuts
- Hazelnut macarons: Use 30g almonds and 10g of ground hazelnuts
- Coconut macarons: Use 30g almond s and 10g of desiccated coconut.

### **Additional Fillings**

- Chocolate ganache: 100g dark chocolate and 100g double cream - warm cream and pour on to broken chocolate. Add flavouring as desired to taste - essences, alcohols, coulis, fruit, spices, etc
- For milk chocolate ganache use 100 g chocolate and 80g of double cream
- For white chocolate use 100g chocolate and 60g of double cream.

## **OUR THANKS TO GAYE PERRY**

For her recipes and tips above to make the perfect Macaron:

 [therealmacaroncompany.com](http://therealmacaroncompany.com)

 [therealmacaronco](https://www.instagram.com/therealmacaronco)

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