

Macaroon Recipe



Equipment and preparation:

Piping bag fitted with a 1cm nozzle.

Baking trays

Baking paper

Electric mixer

Whisk

Oven type:

Fanned electric oven, pre-heated to 170°C (preferred)

Gas oven, pre-heated to gas marked 3

Ingredients:

125g icing sugar

110g caster sugar

125g ground almonds

90g free range egg whites

2 tbsp water

food colouring (optional)

150ml double or whipped cream,
whipped



Preparation method:

Line a large baking tray with baking paper, setting the baking tray aside for now.

Mix the ground almonds and icing sugar in a food processor until well combined. Once blended, set aside.

Separate your egg whites and using an electric whisk, slowly whisk 90g of egg whites into a large bowl. Keep whisking until peaks form when the whisk is removed.

Gently fold in the food colouring and blended ground almonds and icing sugar trying to keep the mixture fluffy.

Spoon your macaroon mixture into a piping bag fitted with a round nozzle. Pipe small circles onto the baking tray you earlier lined with baking paper. Smooth down any peaks with a wet finger and tap the bottom of the baking paper to release any air bubbles.

Set aside the baking tray for 1 hour. Once your macaroon shells are not sticky to touch, they're ready to add to the oven.

Pre-heat your oven and once heated bake for 12-15 minutes, or until cooked through.

While baking, whip some whipped cream in a bowl.

Carefully remove your cooked macaroons from the oven and allow to cool for 5 minutes. Now peel from the baking tray and allow to cool further.

Sandwich your macaroons shells between some whipped cream and refrigerate for half an hour. They will keep for a few days (if not eating before then!)

Experiment by decorating your macaroons with coconut sprinkles or sandwiched between chocolate fillings. You can also colour your whipped cream fillings to create unique designs.