



## **FRENCH MACARONS**

### **MACARONS**

6 ounces (170g) almond flour, sifted  
8 ounces (227g) confectioners' sugar  
5 ounces (150g) egg whites  
4.5 ounces (127g) sugar

Preheat oven to 325°F.

Place the almond flour and confectioners' sugar into a food processor and blend together. Sift into a bowl large enough for mixing.

On high speed, beat the egg whites in the bowl of a standing mixer using a whisk attachment. When the egg whites reach soft peak stage turn machine to low and add sugar. Turn mixer to medium speed and mix for approximately 10 minutes or until the whipped egg whites appear shiny and the sugar is dissolved.

Fold the egg whites into the almond flour mixture using a spatula. At this stage, you can flavor or color the mixture to create assorted macarons.

Place parchment paper on a sheet pan and pipe small mounds approximately 1 inch apart using a pastry bag with medium plain tip. Bake for approximately 12 minutes, or until the tops of the macarons are crusty.\* Remove from oven and let cool. Macarons will be assembled similar to a sandwich with assorted fillings.

\*Although macarons can be baked as soon as they are piped, they benefit from resting for 30 minutes before baking. This allows them to form a "crust" which helps to avoid cracking.