

MACARONS 101

BY PHILLIP FRYMAN, SOUTHERNFATTY.COM

PHILLIP@SOUTHERNFATTY.COM

SOUTHERNFATTY.COM @SOUTHERNFATTY  

MASTER SHELL RECIPE ITALIAN MERINGUE

MAKES 24 ASSEMBLED COOKIES (48 SHELLS)



INGREDIENTS

Part A (Cookie Base)

- 200 g (1 $\frac{3}{4}$ C) almond flour, blanched, fine
- 220 g (1 $\frac{3}{4}$ C) confectioner's sugar
- 160 g (~1/2 cup or 5-6 eggs worth) egg whites, room temperature
- 1/8 teaspoon cream of tartar (optional)
- food coloring, **gel or powder**

Part B (Sugar Syrup)

- 120 g (1/2 cup) water
- 225 g (1 cup) sugar, granulated

~2 cups frosting or buttercream, to fill

We will discuss options, but have this ready, as we will focus on the shells in this class. Feel free to buy pre-made. It works great!

Equipment

- Kitchen scale
- Food processor (optional for smoother shells)
- Candy thermometer
- Mixer (stand mixer preferred, hand mixer can work) with whisk attachment
- Piping bags w ~1/2 in. tip
- Oven thermometer
- Sifter
- Parchment paper or silicone baking mats (preferred)
- Sheet pans for paper/mats
- Piping template (attached - please print if you want to use)

My recommended products **can be found here.**
<http://southernfatty.com/mac-shop>

PREP TIME: 30 MINS
COOK TIME: 30 MINS
TOTAL TIME: 1HR

DIRECTIONS

Before the class starts, I encourage you to weigh out the ingredients individually and set aside. Not only will this allow for everyone to keep up during the class, but it will also ensure better results.

1. Start by combining **200 grams almond flour** and **220 grams confectioner's sugar** in food processor. Pulse 6-7 times for 2-3 seconds each, scraping bowl as necessary between mixes. This step allows for smoother shells. Transfer to large bowl.
2. If skipping this step, simply sift almond flour and confectioner's sugar into a large bowl. Discard any remaining unsifted clumps. Replace this weight with additional confectioner's sugar to keep same final weight.
3. Add **75 grams** of the **egg whites** to the sifted almond mixture.
4. Add food coloring.
5. Using spatula, mix very well until thick paste.
6. Add the remaining **85 grams of egg whites** and **1/8th teaspoon** (if using) to a CLEAN, dry mixer bowl with whisk attachment.
7. In a small saucepan, add the **225 grams granulated sugar** and **120 grams water**. Stir well.
8. Prepare candy thermometer in sugar saucepan.
9. Over medium-high heat (~60-70%), bring sugar syrup to 200°F. Do not stir or disturb. You may brush sides of pan with water if large amount of crystals start to form.
10. When sugar reaches 200°F, turn mixer on with egg whites to medium-low speed. Let this mix as the sugar increases in temperature.

1.5" Macaron Template

