French Macaroons!

Basic Recipe

¾ C ground almonds or almond flour

1 C confectionery sugar

2 extra large egg whites

¼ C super fine sugar (use granulated and blend in the blender to get the “super fine”)

For lemon, add finely grated rind of ½ lemon and yellow food coloring and lemon curd for filling

For Tiramisu, use 1 tsp. instant coffee powder and 1 tsp. unsweetened cocoa (for sifting on top of baked macaroons). Filling is ½ C mascarpone cheese, 1 Tbsp Marsala wine, 2 Tbsp confectionery sugar, 2 Tbsp grated chocolate for the top.

For Raspberry, add pink food coloring and raspberry jam for filling

For Tangy Orange, add 2 tsp. finely grated orange rind and ¼ C marmalade for filling.

Macaroons are all about technique!

Directions:

1. Put almond flour and confectioners sugar in food processor and process until fine, discarding any chunks.
2. Whip egg whites until soft peaks form, slowly add super fine sugar, 1 spoon at a time. Whip until glossy resembling shaving cream when removing beaters and should hold stiff peaks.
3. Add flour mixture to egg whites 1/3 1/3 1/3, folding gently but well after each addition. With each addition the batter will be firm.
4. After all the dry ingredients have been added, the batter will be firm, continue stirring until consistency loosens. The final batter should be smooth and glossy. A thick trail of ribbon should remain 30 seconds before falling back into batter.
5. Line baking pans with parchment paper. Using a large pastry bag, pipe out circles 2 ½” onto parchment paper.
6. Tap the underside of the pan gently, but firmly to get the air bubbles from the pipped batter.
7. Macaroons should stand 30 minutes before baking to get a crust on them. You should be able to touch the batter without being sticky.
8. Bake 325 degrees for 10-15 minutes, checking every 5 minutes. The macaroons are ready when they have crisp shell and frilly feet on the bottom.
9. Let the macaroons cool for 10 minutes. Carefully pull from paper. Cool completely then fill.