



BY:
LAURENT MERIC,
 MASTER PASTRY CHEF
 & CHOCOLATIER.
 OWNER CACAO FINE
 CHOCOLATES &
 PATISSERIE
 52 Fitroy street,
 St Kilda, Vic



Les Macarons

Define macaroon:

Small individual cake based on almond meal & mixed with a lot of different flavours, filled with either almonds marzipan, butter cream or chocolate ganache flavoured with alcohol or fruit extract or anything else you have in mind!

Keep refrigerated at 5 degrees for a week shelf life...

It looks simple, but you'll have to persist in order to achieve this beautiful product!

Good day!

A few idea and recipe:

MACAROONS

Ingredients

450 gr Almond paste
 300 gr Icing sugar
 110 gr egg white
 180 gr egg white
 2 gr Cream of tartare
 125 gr castor sugar

Method

- Mix almond meal and icing sugar in food processor until very fine. DO NOT HEAT
- Place in stainless steel bowl and mix 110gm egg whites by hand to make a paste
- Mix the other egg whites in a mixing bowl with cream of tartar and 25gm of sugar
- Whisk on 3rd speed until whites become aerated and start to move slightly on the bowl
- Gradually add remaining sugar
- Bring to a soft peak and add colour as required

- Preheat oven to 200°C
- Add 2/3 of white mix to paste a handful at a time
- Final 1/3 to be GENTLY folded through
- Pipe onto sheet and place in oven
- Bake at 165°C for 4 minutes with flue closed
- Open flue and cook for another 3 minutes
- When cool put two macaroons together with the filling of your choice!

Chocolate

- Increase whites by 30gm
- Add 50gm cocoa powder

Coffee

- Add 2 tablespoons Coffee extract

Strawberry

- Add ½ teaspoon red food colouring

Pistachio

- Add 1 ½ teaspoons green food colouring

Lemon

- Add 2 teaspoons yolk food colouring

