

Macarons

Traditional and With a Swirl



Publisher's Note: David Ramirez is the executive pastry Chef at the Rosen Shingle Creek in Orlando and Captain of the 2009 Team USA that competed in the Coupe du Monde de la Patisserie.

Anyone who has tried the beloved French macaron knows these little treats are set to become the next big thing. From personal experience, I can tell you our guests at Shingle Creek go crazy for these “hamburger cookies” because of the endless combinations and creative possibilities associated with the delicate, eggshell-like cookie and complementary filling.

In this article, I present a traditional French macaron along with a not so traditional take that adds a punch of flavor and visual enhancement.

Ganache Filling



- 200g heavy cream
- 30g trimoline
- 300g white chocolate
- 30g Amoretti Strawberry Swirl
- 30g room temperature unsalted butter

1. Bring heavy cream and trimoline to boil. Pour over white chocolate and Amoretti Strawberry Swirl. Let stand 1-2 minutes.
2. Emulsify mixture until all ingredients are properly blended. After mixture is properly emulsified, add butter when mixture has cooled down to 96°F.
3. Emulsify butter into mixture and let stand until mixture is completely cooled.

Recommendation: Make this filling a day before and leave at room temperature. If time does not permit refrigerate and use mixture when it has cooled down. Caution – If the mixture is too cold it will be difficult to pipe onto the macaron.



Traditional Macaron Cookie



Ingredients:

250g Amoretti Almond Flour – sifted
 450g powdered sugar – sifted
 200g aged egg whites (6 eggs)
 50g sifted granulated sugar
 2g cream of tartar – sifted (optional)
 Or
 1 teaspoon of lemon juice (optional)
 Pinch of salt (optional)

Equipment:

Bowl and whip attachment
 Sieve
 Rubber spatula
 Piping bag and medium round tip
 Silpat

Note: The cream of tartar replaces both the lemon juice and salt. Cream of tartar works well in kitchens with high humidity.

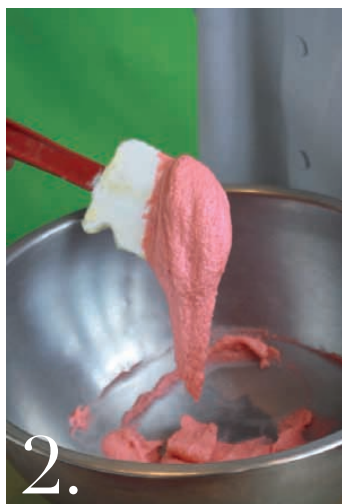
Macaron Overview

- The cookie-to-filling ratio should be between 1:1 and 2:1.
- Macaron filling should be smooth, firm, light, and not sticky. Aside from a few wayward crumbs, eating a macaron should be clean. Filling shouldn't squeeze out of the cookie.
- The texture and surface of the cookie should be very smooth. Bumps indicate improper sieving or poor quality almond flour.
- The crust of the cookie should be thin, crisp, and egg shell-like and crack when you bite. Giving way to a light-as-air, moist interior that is just a bit chewy and soft.
- Macarons should not be overly sweet. Distinct flavors rule the day (strawberry, wasabi, lime, lichee, passion fruit) and add an unexpected kick of flavor.
- Macarons are challenging yet offer a compact, unparalleled medium to express your creativity and skill.
- Making perfect macarons is not difficult and only takes time and practice. Much like hand tempering chocolate.



1. Whip 2 day aged egg whites with granulated sugar and cream of tartar on low to medium speed. Do NOT whip on high speed! Sift almond flour and powdered sugar.
- 2-3. When egg whites (slowly whipped) have reached stiff peak stage, begin folding in flour and powdered sugar in 3 stages.
4. After carefully mixing, use a piping bag and medium round tip to pipe half dollar size macarons onto a Silpat.
5. Let piped macaroon sit or rest for 20 minutes. If the batter is too light the macarons will lose their round shape. If the batter is too heavy or thick it will not flow and settle.
6. After baking, the cookies should have a smooth, shiny shell. Important to keep all the macarons the same shape and size and you can always make your macarons ahead of time and store them wrapped.
7. Using a piping bag and small round tip fill macarons with Amoretti Strawberry Swirl white chocolate ganache filling.

Macaron With a Swirl



NOTE: Getting Around Aged Egg Whites

If your property does not allow the aging of egg whites for whatever reason, whipping the egg whites on medium to slow speed is an alternative. Never whip the egg whites on high speed as the white will not form proper cell structure to support the flour and powdered sugar and the results will never come close to what you are trying to achieve.

1-6:

I've added 30 grams of the Amoretti Strawberry Swirl to 330 grams of macaroon batter. Typically, most chefs and bakers will only be concerned with adding color to the macaron cookie. But, by using Amoretti Strawberry Swirl, I get an interesting 'swirl' pattern AND am able to add a big punch of flavor to the finished product.

One layer at a time, I add to the piping bag 330 grams of plain batter and 330 grams of the Amoretti Strawberry Swirl batter. Work the bag with your hands to position both the layers so they pipe out side by side, incorporated into each other giving the cookie a 2 color swirl finish.

NOTE: Amoretti has such a wide variety of flours, compound, extracts and Swirls allowing for endless macaron combinations and profiles. Experiment and good luck!

Tips for Macaron Success

All About the Feet

Each space craft shaped cookie must have a 'foot' – a crackly ringlet that surrounds the flat side of the cookie. Without feet, it just isn't a proper macaron.

Sift Your Ingredients

Proper and multiple sifting is critical. That's why I use Amoretti Almond Flour because it's extremely fine and they only use blanched almonds. Don't forget to sift the powdered sugar and regular sugar. Use a food processor to make finer.

Aged Egg Whites

I know this sounds contrary to what many of us have been taught BUT if you want the best results, your egg whites should sit at room temperature for 2-3 days. This helps incorporate more air into the batter which thickens and stabilizes the finished meringue cookie.

Consistency of Lava

The batter shouldn't be too liquidy nor too stiff. If you form a peak, it should slowly and completely sink back into the batter. Let the batter sit for 20 minutes after piping.

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