

# Macarons

## Ingredients for the Macarons:

100g Icing Sugar

75g Ground Almonds

75g Granulated Sugar

2 Large Egg Whites, At Room Temperature

A Few Granules of Powdered Food Colouring (School will Provide Red, Green and Blue)



You will need a container to take your macarons home in.

## Ingredients for the Filling:

100g Icing Sugar

50g Butter

2 Tablespoons of Jam of Your Choice or Lemon Curd



## Method:

1. Preheat the oven to 150°C or Gas Mark 2.
2. Weigh and measure out all the ingredients accurately.
3. Line two baking trays with greaseproof paper.
4. Draw on circles (between 3cm and 5cm's, depending on the size you want) with a pencil, leaving 3cm between each.
5. In a food processor, whizz together the icing sugar and ground almonds until very finely mixed and smooth.
6. Take the first egg, separate the egg yolk from the egg white over a small bowl (you will not need the yolk).
7. Transfer the egg white in a large clean glass bowl.
8. Take the second egg, separate the egg yolk from the egg white over a small bowl and transfer this egg into the same glass bowl.
9. Whisk the egg whites with an electric whisk until they form stiff peaks.
10. Add the granulated sugar to the egg whites, a little at a time, whisking well between each addition. Whisk in the powdered food colouring.
11. Fold in the almond mixture a spoonful at a time using a metal tablespoon, until just mixed.
12. Transfer the mix to a piping bag.
13. **Holding the bag vertically**, pipe the meringue into the centre of each circle.
14. Bake in the middle of the oven for 18 to 25 minutes, until the surface is firm.
15. Leave to cool on the baking trays for 20 minutes, before transferring them to a cooling rack.
16. For the filling: Place the butter in a large bowl and cream until it is soft.
17. Sieve in the icing sugar and cream together.
18. Stir in the jam or lemon curd.
19. Place the buttercream icing in a piping bag.
20. Pipe the buttercream icing onto one macaron shell and sandwich it together with another.

