

Macaron - Italian Method Recipe

Makes about 9 large cookies / 18 large macaron shells ~ 3-inch (7.5cm) diameter / 1 ounce (30g) each.
This recipe works for regular small macarons as well.

Measuring by weight is far more accurate than measuring by volume. If you are serious about baking and want to produce consistently excellent products, use a scale.

Macarons Mixture

1.6 cups (160g) almond meal / flour

1 cup + 2 Tbsp (160g) powdered sugar

or, 320g Tant pour Tant (50% almond meal mixed with 50% powdered sugar).

2 ea. (60g) large egg whites, fresh or previously frozen, at room temp

Add a few drops of red food coloring (optional).

Italian Meringue

Syrup

0.8 cup (150g) granulated sugar

3 Tbsp (40g) water

Cook water and sugar until temperature reaches 245°F (118C).

2 ea. (60g) large egg whites, fresh or previously frozen, at room temp

1/4 tsp (1g) tartar of cream or lemon juice (tartar of cream or lemon juice stabilizes the egg whites).



Rose Lychee Raspberry Macaron

Pierre Hermé Ispahan Macaron inspired.

Crème Anglaise Butter Cream Filling

0.4 cup (100ml) whole milk

1 Tbsp (15g) granulated sugar

1 Vanilla bean, scrape seeds out or 1/2 tsp (2.5ml) vanilla extract

4 ea. (80g) egg yolks

2 Tbsp (25g) granulated sugar

1/2 lb. (225g) unsalted butter preferably European-style, softened

1 Tbsp (15ml) rose water or 1/2 tsp (2.5ml) rose essence*

2.6 oz (80g) Italian meringue* (optional).



*Make a second batch of Italian meringue for the filling, use the meringue you need and freeze what's left for later use. Italian meringue can be kept frozen for months. Adding meringue lightens the texture.

*Rose water vs rose essence: they are different, but related flavorings. Rose essence is a much more concentrated form of rose water. A approximate conversion is 1/2 tsp (2.5ml) rose essence = 1 Tbsp (15ml) rose water. You should be able to find rose essence and rosewater at Indian or Middle Eastern grocery stores or at an online retailer.

Rose Lychee Raspberry Macaron Assembly

The rose lychee raspberry macarons can be refrigerated up to 4 days. Freezing this item isn't recommended though.

What You Would Need For Each Cookie

2 ea. large macaron shells (2x1oz (30g) = 2oz (60g))

~ 9 to 10 ea. 1.2oz (40g) fresh raspberries

~ 2 to 3 ea. 0.3oz (10g) whole pitted lychees in syrup*, drain lychees overnight over paper towel and cut in half

~ 1oz (30g) crème Anglaise butter cream filling

Rose petals for decoration.

*Lychees are available at asian grocery stores or at an online retailer. One 15oz can would make the deal. Each finished rose lychee raspberry macaron cookie should weigh about 4.2oz (140g).

Place cookies in the refrigerator for 24 hours so the flavors can fuse. Simply let the pastries rest at room temperature for about 30 minutes allowing filling to soften and they will be ready to eat. Enjoy!



The Macaron

There are two different methods to creating a proper meringue for macarons: the French and Italian. The French method Macarons like Lenôtre in Paris is the most used in macaron recipes, because it results in the correct texture and taste for the French macaron.

The Italian method Macarons like in Ladurée in Paris is said to produce a more stable meringue because it uses a hot sugar syrup in place of dry sugar, but the downside is that it results in macarons that are too sweet and more challenging to bake.

Cracking: an unfortunate and undesirable side effect in a macaron shell. Cracking seems to be caused by multiple issues, including: oily or wet almond meal, whipping the egg whites for too long or not enough, over-folding the dry ingredients into the meringue during the macaronage step, excessive moisture in the batter and skipping the drying step before baking; this allows cookie to form a skin allowing the moisture to escape from the bottom while baking forming the macaron feet; foamy base (pied).

A little known fact is that macarons withstand freezing very well. Store macarons shells in an airtight container, then freeze for up to 3 months.

Baking Large Macarons at Home

If using a conventional oven:

Preheat oven to 325°F (160°C) and bake for about 15 to 18 minutes.

If using a convection oven:

Preheat oven to 300°F (150°C) and bake for 12 to 15 minutes.

Tapping sheets firmly against counter a couple of times to release air bubbles is optional. Let the cookies "dry" for 40 minutes before baking. The drying step before baking; this allows cookie to form a skin allowing the moisture to escape from the bottom while baking forming the macaron feet; foamy base (pied).

Bake 1 sheet at a time. Let cool completely before adding the rose cream filling.

