

MACARON

Recipe




SARACINO®
We love pastry

MACARON

RECIPE TO MAKE 30 MACARONS (60 MACARONS SHELLS)

Ingredients

Almond Paste

200g Saracino Almond Flour
200g Icing Sugar
100g Egg White

Italian Meringue

200g Caster Sugar
70g Egg White
50g Water



Warning

Using a moist, damp almond flour could cause cracking of the macarons while baking.

We suggest drying the almond flour in an oven for 10 minutes at 150°C.

It is best to prepare the egg whites the day before use.

The egg whites need to be at room-temperature before use.

How to prepare the Macarons

- 1 Almond Paste** Mix the almond flour and the icing sugar. To obtain smooth macarons shells, we suggest sifting through the mixture.
- 2** Add the food coloring to the egg white or directly to the macarons shells' mixture. It is best to use Saracino gel colorants.
- 3 Italian Meringue** Add 50g water then 200g sugar in a pan and cook it till 121° C. Pour 70g egg white in dried planetary mixer and when the sugar in the pan will reach 116° C, start mixing the egg white quite fast. Once the whipped egg white will be ready, start pouring in the sugar syrup and mix fast the mixture for about 10 minutes.
- 4** Incorporate 100g egg white to the macaron shells' mixture.
- 5 Macaronage** This is how it is called the procedure to mix the Italian meringue with the almond paste. The Italian meringue must be added in three precise different moments and while performing with the spatula a circular movement from bottom to top till when the meringue is complete incorporate to the almond paste. The final mixture needs to be light and frothy. Mix well for a few more seconds with energetic movements so to obtain the right consistency. When lifted with a spatula, the final mixture will be fairly substantial, dropping from the spatula steadily (not too fluid).
- 6 Pochage** Pour the macaron' mixture inside a piping bag and draw the macarons shells on some baking paper.
- 7 Croutage** It means to let the shells dry. They will be ready when they do not stick to your fingers. In normal room-temperature, the shells dry in 20/30 minutes.
- 8 Cooking Time** You can also bake the shells for 15/18 minutes at 140-150°C.
- 9** Once ready, take out the shells from the oven gently.
- 10 Filling** To fill the shells in, you can use some butter cream flavored with SARACINO Supreme – flavoring pastes, or a chocolate ganache made with our white milk or dark chocolates drops.



Macarons can be freezed in a hermetic sealed plastic bag. Once defrosted, it is best to eat them the same day. They are perfect to decorate a cake, a dessert or to make fantastic creations. Using SARACINO Royal Icing, you can free your imagination by inventing a unique and personal result.

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