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by The Bakealogue

Easy Macarons



Ingredients

Ground Almonds: 2/3 cup
Egg Whites (large): 3
Icing Sugar: 1 and 1/2 cup
Caster Sugar: 5 tbsp
Vanilla Essence: 1 tsp

Preparation

1. In a bowl, sift together the ground almonds and icing sugar and mix until well-combined and no lumps remain. Set aside.
2. In a separate bowl, whisk together the egg whites until they form soft peaks. Once they start to form soft peaks add the caster sugar a little at a time and continue to beat until they form stiff peaks. (Once the stiff peaks have formed you should be able to turn the bowl upside down without the egg whites falling out!)
3. Add the vanilla essence to the egg whites and stir very gently.
4. Add the dry ingredients i.e. ground almonds and icing sugar to the batter and fold gently with the help of a spatula.
5. Add any colour of your choice.
6. Add the meringue mixture to your piping bag and form equal sized shells on your baking mat. Tap your baking mat a few times to get rid of any air bubbles that might have formed.
7. Allow the shells to dry out (they shouldn't be sticky to touch and form a shiny surface) completely. This process will take a while and varies depending on your room temperature. Do not rush this stage.
8. Pre-heat your oven to 140 degrees Celsius. Once the macaroons have dried out add the baking tray to the oven and bake for approximately 20 minutes. Open the oven door after the first 10 minutes to let any steam escape and then close it and bake for another 10 minutes. Your macarons are baked and ready when they have risen a little and look more firm. (you should be able to move it from its place easily).
9. Transfer the macaroons to your cooling wire rack and allow them to cool completely before adding a filling of your choice. Fillings usually vary between ganache and butter cream, but you can always have them plain too!
10. Congratulations! Your macarons are ready to be served!

Cooks Note

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