French Macaron

Below you'll find a list of ingredients and equipment needed for your class. To ensure efficiency during class, please have all ingredients on hand before class begins. Any prep work to be done before class is highlighted in yellow. All recipes used in class will be in an attachment in your confirmation email. Please scroll past the equipment list for the recipes.

If you have any questions or concerns email us, bakingeducation@kingarthurbaking.com. All Zoom links are sent out on the day of class. If you have not received the link 1 hour before your class begins, please contact us at the email above.

INGREDIENTS *(total amount needed for the class)*

- ☐ *Sugar: 523g (2 ½ cups + 2 tablespoons)*
- ☐ *Cream of tartar: ¼ teaspoon*
- ☐ *Eggs: 4 large, at room temperature, plus extra in case of breakage while separating**
- ☐ *Unsalted butter: 454g (2 cups), at room temperature*
- ☐ *Confectioners' sugar: 100g (¾ cup + 2 tablespoons)*
- ☐ *Almond Flour (not toasted!): 85g (¾ cup + 2 tablespoons)*
- ☐ *Coloring: gel paste for a more concentrated color, do not use the food coloring from the grocery store*

NOTES:

For our class, we will NOT be flavoring the Macaron. We advise you practice without trying to manipulate the batter in any way. Once you're confident in your skills you can start experimenting with additions. We will be flavoring the buttercream, see buttercream recipe for ideas.

***Please note that very fresh eggs and boxed egg whites are NOT recommended in this class.**

EQUIPMENT

- ☐ *Stand mixer with whisk attachment (required)*
- ☐ *Digital thermometer (required)*
- ☐ *Piping bags*
- ☐ *Piping tips #802 or #803*
- ☐ *Scissors*
- ☐ *Scale (preferred) or measuring cup set*
- ☐ *Measuring spoons*
- ☐ *Liquid measuring cup*
- ☐ *Mixing bowls: assorted sizes*
- ☐ *Sifter*
- ☐ *Silicone spatula*
- ☐ *Pot for cooking sugar*
- ☐ *Baking sheets with parchment paper or silicone baking mats*

French Macaron

YIELD: ABOUT FORTY 1 ½" FILLED MACARON

INGREDIENTS - CRUST

- ☐ *75g (2-3 large) egg whites, at room temperature*
- ☐ *75g (¼ cup + 2 tablespoons) sugar*
- ☐ *¼ teaspoon cream of tartar*
- ☐ *100g (¾ cup + 2 tablespoons) confectioners' sugar*
- ☐ *85g (¾ cup + 2 tablespoons) almond flour*
- ☐ *Gel food coloring and/or flavorings*

DIRECTIONS

1. Line baking sheets with parchment paper. Set aside.
2. In the bowl of a stand mixer fitted with the whisk attachment, mix the egg whites, sugar, and cream of tartar on medium speed for about 3 minutes, until the sugar is dissolved.
3. Meanwhile, sift the confectioners' sugar and the almond flour into a bowl. If you are using dried spices or powders for flavoring, whisk them into the almond mixture now.
4. Increase the mixer speed to medium-high. Continue beating the egg white mixture until it is thick and glossy and holds stiff peaks.
5. Gently fold the almond flour mixture into the meringue, then fold in any gel coloring or liquid flavoring (if using). Fold the mixture more vigorously to begin the process of macaronage. When ready, the batter should be shiny and will almost dissolve back into itself when streamed across the top.
6. Transfer the batter to a piping bag and pipe quarter-sized mounds of batter onto the prepared pans. The batter should be deflated enough that it does not retain a tail after piping.
7. When all macaron are piped, tap the tray on the table 2 times to remove air bubbles.
8. Allow the piped macaron to rest at room temperature, uncovered, until the surface is dry and a crust has formed. This process usually takes at least 30 minutes, but can take up to 2 hours or longer in very humid environments.
9. Preheat oven to 320°F.
10. Bake the macaron for 10 to 15 minutes, or until they are set enough that you can't wiggle the tops from side to side. If the macaron are browning too much, reduce the oven temperature to 300°F and continue baking until set.
11. Allow macaron to cool completely before removing them from the pan and filling.
12. For best results, Macaron should be allowed to age in the refrigerator for 24-48 hours before eating. Macaron are best enjoyed at room temperature, so remove from the refrigerator at least 1 hour before serving.
13. Macaron shells or filled Macaron can be stored in the refrigerator up to 1 week or frozen up to 1 month.

French Buttercream

YIELD: ABOUT 850g (4 CUPS)

INGREDIENTS - CRUST

- ☐ *50g (¼ cup) sugar*
- ☐ *1 large (50g) egg*
- ☐ *2 large (40g) egg yolks*
- ☐ *398g (2 cups) sugar*
- ☐ *119g (½ cup) water*
- ☐ *454g (2 cups) unsalted butter, at room temperature*

DIRECTIONS

1. In the bowl of an electric mixer fitted with the whisk attachment, beat the whole egg, egg yolks, and 50g (¼ cup) sugar on medium-high speed until light and fluffy.
2. In a sauce pot, combine the 397g (2 cups) sugar and water. Bring the mixture to a boil over medium-high heat, stirring just until the sugar is dissolved. Once the mixture comes to a boil, refrain from stirring it. Cook the sugar syrup to 238°F.
3. With the mixer running on medium-high speed, carefully pour the sugar syrup in a steady stream into the egg mixture. Avoid pouring the sugar mixture onto the whisk. Continue whipping until the mixture is thickened and glossy and feels just warm to the touch.
4. With the mixer still running, add the butter a little at a time, whipping until smooth.
5. Flavor the buttercream as desired.
6. Store buttercream, well wrapped, in the refrigerator up to one week or freeze up to three months. To use, thaw buttercream to room temperature. Place the buttercream in the bowl of an electric mixer fitted with the paddle attachment. With the mixer running, gently heat the bowl with a hair dryer until the buttercream around the edges just starts to melt. Continue mixing and heating until the buttercream is smooth and creamy. Alternatively, place the mixer bowl over a water bath until the edges of the buttercream just start to melt, then return the bowl to the mixer and beat on medium speed until the buttercream is smooth and creamy. Repeat the process of heating and beating, as needed, to reach the correct consistency.

FLAVORING IDEAS

Chocolate: 227g of melted, cooled chocolate to a full batch of buttercream

Coconut: 1 teaspoon coconut flavor to a full batch of buttercream

Coffee: 1 tablespoon of espresso powder mixed with 1 tablespoon vanilla extract to a full batch of buttercream

Fiori di Sicilia: 1 teaspoon of Fiori di Sicilia to a full batch of buttercream

Lemon: 1 teaspoon lemon oil to a full batch of buttercream

Vanilla: 2 teaspoons of vanilla extract or vanilla bean paste to a full batch of buttercream