

# ATEN-TE AUTE

## MACARON

### Shells

#### Almond blend

150g almond flour  
150g icing sugar/confectioner sugar  
42g egg white\*  
food coloring \*\*

#### Italian Merengue

150g sugar  
37g water (can be tap water)  
66g egg whites

- Almond blend
  - mix and then sift the almond and sugar
  - add the egg whites in it and “do not stir”
- Italian merengue
  - bubble syrup:
    - place the sugar along with water “do not stir” let it set for 2 minutes, turn on the stove once it reaches 110°C start to work the egg whites on a kitchenaid (or hand mixer-speed 8 or medium high),
    - at 118°C add the syrup to the egg whites (remember to place it gently & touching the bowl). Your Italian merengue is done!,
    - in order to decrease the temperature you may mix for 4 minutes on high speed.
    - place the coloring.
  - place the Italian merengue into the almond blend and mix gently. Once the mix gets shiny is because is ready, just check before that the 3..2..1 seconds rule,
  - place the dough into a pipping bag and start doing the shells, remember to do one tray at a time; once you have finished proceed to remove the bubbles by hitting only three times the tray into a stone table or counter,
  - let set and dry the macarons for 10 min and turn on the oven into 145°C(293F) (convention oven use only the fan and the tray needs to be in the middle – for a non convection oven temperature remain the same but the heat should only come from the bottom and the tray need to be one level up),
  - place them into the oven after resting, ~10 minutes,
  - after cooking time, place the macarons on an air rack in order to help to decrease the heat
  - place the ganache into a piping bag
  - once the macarons are done and room temperature we take each of them and fill them up with the ganache. You can keep them for 48 hours.

\*egg whites must be “room temperature”, you may use fresh eggs or you can prepare them in advanced by placing the egg whites into a glass and keeping them inside the fridge, just before using them they need to be taken out from the fridge about 1,5 hours in advance.

\*\*this recipe is for using powder color, if you use gel coloring please careful and reduce white egg quantity otherwise the mix will be too liquid.

