



MACARONS

In a small saucepan, combine 150 g castor sugar and water; set aside. Put 55 g egg white in the bowl of an electric mixer, and have the measured-out 15 g castor sugar in a small bowl next to the mixer. Combine the ground almonds and icing sugar in a food processor or coffee grinder and pulse for 10 seconds. Place the remaining 55 g egg white in a small bowl. Have a sugar thermometer ready.

Bring the castor sugar and water in the saucepan to 113°C over medium heat. When it reaches 110°C, turn on your electric mixer and whisk the egg white while slowly adding the 15 g castor sugar.

When the syrup in the saucepan reaches 113°C, remove from the heat, turn your electric mixer to speed 4 (medium) and slowly pour the syrup into the egg white while whisking. Once all the syrup has been added, turn the electric mixer up to speed 10 (high) and continue whipping until you have a stiff, cool meringue.

Meanwhile, combine the remaining raw egg white with the ground almond and icing sugar mixture to form a paste. Colour the paste using food colouring of your choice. Fold the meringue into the coloured paste in three batches until smooth and glossy.

Preheat the oven to 140°C. Put the mixture in a piping bag with a no. 8 nozzle and pipe rounds of about 2 cm in diameter onto a silicone baking mat. Bake for 5 minutes. Allow to cool on a baking rack before sandwiching the macarons together with your desired filling, such as flavoured buttercream or a cream cheese filling.

Makes 40-45 macarons

150 g castor sugar
50 ml water
55 g egg white
(white of about 2 eggs)
15 g castor sugar
150 g ground almonds
150 g icing sugar
55 g egg white
(white of about 2 eggs)
food colouring
filling of your choice