Macaron Workshop I

This hands-on workshop is designed to introduce participants to basic macaron skills and technics. The instructor will demonstrate each step, from making the meringue, incorporating ingredients, piping, baking, filling, and packaging.

Tools and Equipment (you will also need a stand mixer with whisk attachment)

Medium bowl	Spatula	Large plastic piping bag + tip	Plastic Apron
Baking tray	Silpat mat	Medium plastic piping bag	Small bowl & spoon

Yields about 75 Macarons (150 shells)

Macaron Shells

FOR THE BASE:
185 g confectioners' sugar
185 g almond flour
65 g egg whites

FOR THE ITALIAN MERINGUE:
185 g plus 1 tbsp. granulated sugar
75 g egg whites
Pinch of cream of tartar
Food coloring or flavor if desired

Method: (pre-heat oven to 350°F or 325°F for convection)

1. Line tray with silpat mat or parchment paper
2. Sieve dry base ingredients together onto a sheet of parchment, then gently incorporate the egg white to moisten ingredients.
3. To make the Italian Meringue, add the 185 g of sugar into a small sauce pan with approximately 2 tbsp. water. Stir gently to dampen all the sugar. Place on medium heat and bring to a boil.
4. Meanwhile, add your egg whites to a standing mixer bowl and remaining 1 tbsp. sugar and the cream of tartar and whisk on low speed.
5. Return to sugar on stove and wipe down side with a wet pastry brush to prevent sugar crystals from forming. Using a digital thermometer, bring the sugar up to 118°C (244°F). Remove from heat and with the mixer on lowest setting, careful stream the sugar between the bowl and the whisk (this will prevent splattering and spun sugar). Whip the whites until firm and glossy, about 5-8 minutes. The bottom of the bowl should be cool.
6. Add small amount of meringue to the base and stir gently with a spatula. Continue folding in the meringue until dropping consistency is reached. A ribbon of batter should settle slowly into the rest of the batter.
7. Transfer mixture into a large piping bag with a 3/8" round tip (Wilton 805) pipe quarter size rounds at least .5" apart.
8. Bang tray firmly about 5 times to smooth out batter and remove air bubbles.
9. Allow to dry for 15 minutes before baking. Should be dry to the touch as a crust will form. Bake for 8-10 minutes, rotating trays hallway through. Cooking should be well risen and set, but not brown. Cool on tray.
10. Once cool they can be stored in the freezer or refrigerator in an airtight container for later use or filled.

Ganache Filling

115 g Chocolate (dark, milk, or white)

60 g Cream (heavy whipping cream)-room temp

10 g Butter (unsalted and softened)

Method

1. Melt chocolate in a round bottom bowl over a bain-marie (water bath) or on low in microwave to 40°C/113°F.
2. In a small sauce pan, warm the cream.
3. Add warmed cream to chocolate in three inclusions, blending together until well combined.
4. Add in soft butter and stir well to emulsify.
5. Add extract and dry ingredients if desired

Assembly

1. Pair up shells to match closely in size.
2. Add ganache to a medium plastic piping bag and cut a small opening at tip.
3. Pipe a dime size ball of ganache to the inside center of one shell and gently press second half to spread filling to approximately 1/8 inch thick.
4. Best if refrigerated for 24 hours in an airtight container and brought back to room temp just before consuming.

ENJOY!

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