



French Macarons

Chef Claire Moore, Mimi's Macs, Des Moines

Servings: 36-45 macarons

Ingredients

150 grams egg whites (room temperature)
¼ teaspoon cream of tartar
135 grams granulated sugar
Gel food coloring
195 grams almond flour
210 grams powdered sugar

Instructions

1. Preheat oven to 300 °F.
2. Wipe down bowl, beater and mats with white vinegar.
3. Whip egg whites for 50 seconds on a speed of 2.
4. Increase to speed 4.
5. Add cream of tartar after meringue starts to form soapy bubbles.
6. Add sugar in 3 increments, 15 seconds between each addition.
7. Increase speed to 6 at 4 minutes.
8. Increase speed to 8 at 7 minutes.
9. Add gel food coloring.
10. Continue whipping until stiff peaks form.
11. Sift almond flour and powdered sugar into meringue.
12. Gently fold until dry ingredients are incorporated.
13. Using the side of the bowl, press the batter to delate.
14. Alternate between traditional folding and delating the batter.
15. Continue folding until the batter flows off the spatula.
16. Pipe on silicon mats.
17. Slam cookie sheet on counter and pop any large air bubbles with a toothpick.
18. Put in the oven with the door ajar.
19. Bake for 4 minutes.
20. Close oven door, and bake for an additional 13 minutes.
21. If not completely baked, bake for an additional 90 seconds.
22. Allow to cool fully before filling.

