

Vanilla Macaron



Recipe By FoodieBook

Ref: 508

Heading: Bread & Baking

Cuisine: French

Food Type: Vegetarian

No of Portions: 20

Ingredients & Prep

225 g icing sugar

200 g ground almonds

150 g egg white

70 g caster sugar

2 tsp vanilla paste

1 pinch salt

Buttercream Filling

250 g icing sugar

150 g butter unsalted soft

2 tbsp double cream

2 tsp vanilla paste

Method

Step 1 - Pre-heat fan oven to 150°C.

Step 2 - Use 2 large baking sheet, cut a piece of greaseproof paper to fit both, then use a 4 cm pastry cutter as a template & draw circles as many as you can 2.5 cm apart, use a black biro or felt tip pen the turn over the paper not to allow the ink to taint the Macarons.

Step 3 - Place the egg white in a very clean bowl & whisk with a electric hand whisk or in a food mixer to make a meringue, when a soft peak stage start adding sugar a big spoonful at a time, then add vanilla paste & salt when at firm peak stage, now with a silicon spatula fold in the ground almonds into the meringue by hand.

Step 4 - Scoop mixture into a piping bag with a large round nozzle, then pipe into the drawn circles making discs about 6 mm high, when all the circles are done bake Macaron for 18 mins, remove & allow to cool, then take off the paper to go cold, if you have any left then do another bake with remaining batter.

Step 5 - Make the buttercream filling by placing all ingredients in a bowl & mixing together with a electric hand whisk or in a food mixer until all combined, then use a dollop between 2 halves of the macaroon.

Suggestion & Tips

You can add a variety of colours & flavourings to your choice like lemon, orange mint etc.