

# French Macarons

## MACARON'S SHELL

- 200 g almond powder (or 250g of whole almonds)
- 200 g powdered sugar
- 5 cl water
- 200 g white sugar
- 2 x 75g egg white (around 5 eggs)

*If you're using whole almonds:*

- Cook the almonds for 2 minutes in boiling water
- Discard the water through a sieve and peel the almonds
- Dry them on a pan (around 10 minutes)
- Mix the almonds in a food processor to get almond powder
  
- Preheat the oven to 140°C / 285°F
- Put water in a pot, add sugar and heat it up to 118°C
- Mix the powdered sugar and almond powder, then sift them together
- Put 75g of egg white into a stand mixer's bowl
- When the water is around 110-114°C, turn on the mixer at the highest speed.
- When the water is at 118°C, slow down the mixer to medium speed and add the syrup to the egg white very slowly.
- Put the mixer at the highest speed to let the mix cool down. You have your meringue.
- Add the other 75g of egg white to the sugar-almond mix
- When the meringue is at room temperature, add the meringue one third at the time to the dough. Mix GENTLY
- Put the dough in a piping bag and make 4 cm circles
- Bake for 10 at 12 minutes

## CHOCOLATE CREAM

- 200 g dark chocolate
- 20 cl whipping cream
  
- Boil the cream
- Cut the chocolate into small pieces and place in a bowl
- Add 1/3 of the cream to the chocolate bowl, wait a minute and mix. Repeat 3 times
- Cool the chocolate cream in the fridge
- Take the cream out of the fridge 30 minutes before using it for the macarons