

JOHANN SE MACARONS



JOHANN SE MACARONS

2 x Egg Whites (Room Temperature)

25g Castor Sugar

100g Icing Sugar

60g Almond Flour

Beat egg whites until stiff peaks form. Slowly add the castor sugar into egg whites while beating further to create a glossy meringue.

When completely mixed, add a few drops of flavouring (I used a good quality concentrated cherry flavour). Now add your colouring. Remember to “overcolour” the mix as it will fade while baking.

Now for the tricky part. Remove the meringue from the mixer. Sift together the almond meal and icing sugar and discard any big pieces. Add half of the sifted mix to the meringue and fold in until just blended. Now add the rest of the dry ingredients to the meringue.

Things get tricky now.

In a “fold-over” pattern, fold the mixture together until well blended. DO NOT overmix. The desired consistency reached when the mixture runs in ribbons from the spoon – almost like lava. Transfer mixture into a piping bag with a round nozzle tip. Line a baking tray with baking paper. DO NOT use spray & cook or a buttered pan. I used a silicone mat. Holding the nozzle 90 degrees to the pan, squeeze approximately 3cm circles.

Tap the sheet 5 times on the counter to release any air

bubbles from the macaroons.

Now set aside and allow to rest for 20-30 minutes. The macaron will form a little skin.

Bake in a 140 Degree oven for 20 minutes. Remove when done.

Sandwich 2 macaroons together with a buttercream filling, or chocolate ganache of your choice.

Tips :

If your macaroons crack open when baking, then your mixture is under-mixed

If you overmix the macaroon, the meringue will spread and not hold its shape.

If you do not tap the pan to release the air, the macaroons will crack.

DO NOT skip the step where the macarons need to rest.

Nota: Die grootste geheim kom in by meng van die beslag. Moet dit nie oor-meng nie, anders gaan dit nie werk nie. Maar terselfdetyd moet mens dit nie onder-meng nie, anders kraak die koekies oop.

Jy kan ook gladnie verkeerd gaan as jy eers die video gekyk het nie.

<https://www.youtube.com/watch?v=xJ636Y8N6E8>

Foto en reseps: Johann Barnard

Wenke:

Johann Barnard

Aan almal wat my macaron reseps gaan aanpak. Ekt nounet weer gebak en hulle was perfek. Hier is n paar wenke.

1. Roer die mengsel tot dit begin afloop van die lepel. Dit moet net net begin.
2. Gebruik n ronde spuitbuis wat ten minste 8 mm deursnee is, anders druk die buis die lug uit die mengsel.
3. Moet nie vergeet om die pan te tik nie, dit laat die groot lugborrels ontsnap. Ek laat val myne sommer so entjie uit die lug op n oppervlak.

4. Bak eerder effens korter as langer. As Jy aan die macaron raak en hy sak nie terug nie, is hulle perfek.

5. As Jy n voedselverwerker het, slaan die amandel poeier weer fyn.

Hoop die wenke help jou om die heurlikste koekie op aarde te bak.