

MACARONS WITH DIFFERENT FILLINGS



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My green ones are filled with pistachio icing, orange ones with orange flavored icing and yellow ones with lemon flavored icing.

INGREDIENTS

175g icing sugar
125g ground almonds
3 large free-range egg whites
Pinch of salt
75g castor sugar
Flavor extract (optional)
Food coloring (optional)
Filling Ingredients:
150g Stork Bake, softened
75g icing sugar
Nuts (optional)

METHOD

Preheat the oven to 160°C. 'Whizz' the icing sugar and ground almonds in a food processor to a very fine mixture, then sift

into a bowl.

In a separate bowl, whisk the egg whites with a pinch of salt to soft peaks, then gradually whisk in the castor sugar until thick and glossy. At this point you can stir in flavor extract, such as peppermint or lemon, and corresponding coloring such as blue or yellow, to your meringue mixture, depending on what kind of macaroons you want. Or divide the meringue among different bowls if you want to make more than one colour.

Fold half the almond and icing sugar mixture into the meringue and mix well.

Add the remaining half, making sure you use a spatula to cut and fold the mixture until it is shiny and has a thick, ribbon-like consistency as it falls from the spatula.

Spoon into a piping bag fitted with a 1cm plain nozzle.

Line two baking trays with baking paper. Pipe small rounds of the macaroon mixture, about 3cm across, onto the baking sheets. Give the baking sheets a sharp tap on the work surface to ensure a good 'foot'. Leave to stand at room temperature for 10 – 15 minutes to form a slight skin. This is important – you should be able to touch them lightly without any mixture sticking to your finger. Bake for 15 minutes. Remove from the oven and cool.

Meanwhile, make the fillings. In a bowl, beat the Stork Bake until light and fluffy, then beat in the icing sugar. You can now add flavoring or nuts, and color. Use to sandwich pairs of macaroons together.

Photo and recipe posted by Sa-eeda Daniels 

NOTE

If I can give any advice, it will be this, whip the egg whites well. Make sure the peaks are stiff.

I sift the icing sugar and ground almonds at least twice and discard the bits that stay in the sieve – helps give a smooth top to your macarons.

When mixing, get as much air out of the egg whites as

possible, and when you lift your spatula, it must flow like ribbons, not too fast, not too slow. If it doesn't flow nicely, it's under mixed and you might not get good feet.

If it's over mixed, it runs too fast and the tops can crack or they all "melt" into each other when baking.

I know all this from reading a lot, watching lots of videos and then of course, it has all happened to me tongue emoticon For colour, a lovely baker once told me to always make it darker than the colour you want, as it fades while baking.

And very important to let them rest after piping, at least 30 minutes. You should be able to lightly touch them without it being sticky.

Another sign is the little "nipple" that forms on top will smooth out on its own if the mixture is right.

I hope all these tips help. And good luck guys!!

Posted by Sa-eeda Daniels