

Macaroons

Cuisine: French

Food category: Desserts



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Company: Retigo



Program steps

Preheating: 145 °C

1 Hot air 15 % Termination by time 00:20 hh:mm 128 °C 50 %

Ingredients - number of portions - 30

Name	Value	Unit
almond flour	0.25	kg
powdered sugar	0.25	kg
white	0.2	kg
caster sugar	0.23	kg
water	0.08	l
salt	0	kg
food coloring according to your taste	0	kg

Nutrition and allergens

Allergens: 3, 8

Minerals: Ca, Co, Cr, Cu, F, Fe, I, K, Mg, Mn, Na, P, Se, Zn

Vitamins: A, B, C, K, Kyselina listová

Nutritional value of one portion	Value
Energy	119.9 kJ
Carbohydrate	17.4 g
Fat	4.3 g
Protein	2.2 g
Water	0 g

Directions

Mix almond flour with powdered sugar in a bowl. Divide the egg whites into two halves (100 and 100 g). Mix granulated sugar with water in a saucepan.

Mix granulated sugar with water in a saucepan and let it boil until the mixture reaches a temperature of 118 °C. Beat the first half of the egg whites in an electric mixer with a pinch of salt until semi-stiff and gradually add the hot sugar mixture while constantly beating and continue beating until very stiff snow is formed.

Mix the other half of the egg whites into the almond flour and sugar mixture and mix until a slurry is formed. Then we mix in the cooled solid snow and color the mass with food coloring, if necessary.

Using a pastry bag with a smooth pipe, spray the prepared mixture onto a baking sheet lined with baking paper or a silicone mat into circles with a diameter of about 4 cm (about 40 in total) and let them dry for 45 minutes.

Place the macaroons in a combi oven preheated to the above program.

Remove the macaroons from the tin only after they have cooled completely.

Finally, glue the macaroons two at a time with the selected filling.

Recommended accessories



Perforated aluminium sheet, teflon coated