

Macarons

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 %	
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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

In a bowl, we mix almond flour with powdered sugar. We divide the egg whites into two halves (100 and 100 g). In a small pot, we mix granulated sugar with water.

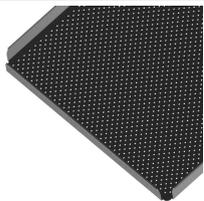
In the pot, we mix granulated sugar with water and let it boil until the mixture reaches a temperature of 118 °C. We whip the first half of the egg whites in an electric mixer with a pinch of salt to soft peaks, and gradually, while continuously whipping, we add the hot sugar syrup and continue to whip until a very stiff meringue forms.

We fold the second half of the egg whites into the mixture of almond flour and sugar until a paste forms. Then we gently fold in the cooled stiff meringue and optionally color the mixture with food colors.

We pipe the prepared mixture using a pastry bag with a smooth tip onto a baking sheet lined with parchment paper or a silicone mat in the shape of circles about 4 cm in diameter (a total of about 40) and let them air dry for 45 minutes.

We place the macarons in a preheated combi oven set to the program mentioned above. We remove the macarons from the sheet only after they have completely cooled.

Finally, we pair the macarons two by two with the chosen filling.



Perforated aluminium
sheet, teflon coated