

French macarons (makes about 8 macarons)

Ingredients

- 1 egg
- 1 pinch cream of tartar (in school)
- 25g caster sugar
- 75g icing sugar
- 50g ground almonds

Macarons are a sweet, meringue cookie very popular in France with coffee.



Equipment: Baking tray, saucer and egg cup, table knife, table spoon, food mixer, piping bag.

Method

1. Pre-heat the oven to 180°C/ Gas 4
2. Line a baking tray with baking paper.
3. Carefully separate the egg white from the egg yolk. Place the egg white and a pinch of cream of tartar in a clean bowl and whisk until soft peaks form. Add the caster sugar 1 tsp at a time and continue to whisk until you have stiff glossy peaks
4. With a large metal spoon, fold in half of the icing sugar and almond mixture. Once most of it has been mixed in, fold in the other half.
5. Pipe or spoon the meringue onto the lined baking tray. They should be about 3cm diameter and 1 cm thick.
6. Bang the baking tray on the table a couple of time to flatten the meringues and pop any large bubbles.
7. Leave the meringue to rest until the meringue no longer feels sticky. (About 20 mins)
8. CLEAN UP NOW!
9. Bake for about 15 mins until the meringues are a very pale golden. Leave to cool.
10. 2 macarons can be sandwich together with butter cream or ganache.

Safety rules

Skills and top tips

Separating the egg white	Weighing	Whisking	Folding in	Dividing	Resting	Baking

Evaluation:

Rating: (Circle)	Suitability for cafe	Likes/ Dislikes	Improvements

French macarons follow up sheet

Macarons are very high in sugar. How can they be eaten as part of a healthy diet?

This recipe requires aeration of egg whites to make it successful. Explain at least 3 top tips for ensuring the egg whites whisk successfully.

What could be done with the following ingredients to make them more eco friendly:

Sugar

Eggs

Food allergy warnings must be shown on a food label. Circle the common food allergy warnings below that you would find on a label for macarons:

ALLERGIES: Contains eggs, fish, milk, nuts, peanuts, shell fish, soya, wheat (gluten)