

Beginner's Guide to French Macarons

Delicate French almond meringue cookies with crisp shells and a chewy, nougat-like interior, ready to be sandwiched with your favorite buttercream, caramel, or ganache.

Ingredients

- egg whites (aged at least 24 hours; room temperature; no yolk)
- cream of tartar
- superfine sugar (caster sugar) (can be made by pulsing granulated sugar briefly in a food processor)
- almond flour (fine; blanched; not almond meal)
- confectioners' sugar
- gel food coloring (optional; use sparingly)
- filling of choice (e.g., vanilla or lemon buttercream, salted caramel, or chocolate ganache)

Instructions

1. Separate egg whites from yolks, making sure no yolk contaminates the whites. Cover and age the egg whites in the refrigerator for at least 24 hours, then bring to room temperature before starting.
 2. Prepare equipment: Use clean, grease-free glass or metal bowls. Line baking sheets with parchment paper or silicone mats. Fit a piping bag with a round tip and weigh all ingredients with a food scale.
 3. Begin the meringue: Beat room-temperature egg whites with cream of tartar until foamy and soft peaks begin to form.
 4. Gradually add superfine (caster) sugar in 3 additions while whipping, continuing until the meringue reaches stiff, glossy peaks.
 5. Sift almond flour and confectioners' sugar together through a fine-mesh sieve to remove any coarse bits.
 6. Macaronage: Add the sifted dry ingredients to the meringue in 2–3 additions. Gently fold until the batter flows like lava and ribbons slowly reabsorb into the surface within about 10–15 seconds.
 7. If desired, fold in a very small amount of gel food coloring until evenly tinted, taking care not to overmix.
 8. Transfer batter to the piping bag and pipe evenly sized rounds onto the lined baking sheets, spacing them apart.
 9. Firmly tap baking sheets on the counter several times to release air bubbles; use a toothpick to pop any visible surface bubbles.
 10. Rest the piped shells at room temperature until the tops are dry to the touch and no longer tacky.
 11. Bake the shells (per recipe directions) until set, then cool completely on the baking sheets.
 12. Pair shells of similar size and fill with your desired filling (e.g., vanilla or lemon buttercream, salted caramel, or chocolate ganache).
-

Tags: French, Cookies, Dessert, Gluten Free, Baking, Almond

Recipe saved with Recipio - [recipio.app](#)