

MACARONS - RASPBERRY CREAM CHEESE FILING

INGREDIENTS

Macaron Shells

- 150g Almond Flour
- 150g Icing Sugar
- 55g + 55g Egg Whites
- 150g Granulated Sugar
- 37g Water

Filing

- Cream Cheese
- Raspberry Jam

DIRECTIONS

Macaron Shells

1. Blend Almond Flour and Icing Sugar in a food processor.
2. Sift 3 times.
3. Add 55g of Egg Whites. Mix until absorbed.
4. Make Italian Meringue as directed below

Italian Meringue

1. Add sugar and water to a pot on medium heat.
2. When the sugar mixture reaches 100°C, start mixing the other 55g of egg whites in a mixer on medium with the whisk attachment until soft peaks.
3. Once the sugar mixture reaches 118°C, your egg whites should be ready. With the mixer on medium, very slowly pour the hot sugar into the mixing bowl aiming for the space between the bowl and the whisk. (WARNING: Be careful as the sugar mixture is extremely hot)
4. Add food colouring, then continue mixing on high, until the outside of the bowl is cool to the touch.

Macaron Shells (continued)

1. Fold half of the meringue into the almond flour mixture. Mix well.
2. Fold in other half gently, while turning the bowl with each fold.

3. Add mixture to a piping bag and pipe circles onto parchment paper or silicone baking mats. (TIP: Pipe four dots of the mixture onto the baking tray to glue down the parchment paper.)
4. After piping your Macarons, tap the baking tray on the counter to smooth out the batter and get rid of any air bubbles.
5. Let rest for 40mins-1hour.
6. Bake at 300°F for 11mins. (This is where you cross your fingers and hope for feet)
7. Let cool on trays.

Filing

1. Combine cream cheese and raspberry jam until desired texture and taste.
2. Add to piping bag and pipe filling on to one shell and top with another.

TIP: Store finished Macarons in the fridge for up to a few days, or the freezer for longer.

This recipe was adapted from "The Italian Baker" by Carol Field