



- 8.** Add the remaining meringue, and now just scrape around the outside of the bowl and fold it in. Do this slowly and gently, so as not to overmix and destroy the meringue.
- 9.** When your mixture is uniform in colour and texture and you can no longer see any meringue, fold a couple more times. It will be ready when you can drag your spatula through the bowl and the mixture will start to slowly move in on itself, like . . . hmmmmm, what is a great descriptive word that will explain this movement? Well, like LAVA—it will move in on itself like lava. Now scoop some mixture up onto your spatula and slowly let it fall from the spatula into the bowl—your mixture is perfection when it falls in a consistent slow ‘ribbon’ off the spatula. If you don’t achieve ribbon status with your mixture, continue folding until this occurs.
- 10.** Grab your piping bag. Trim the end and insert the piping nozzle, then twist the bag just above the nozzle to seal it at the bottom. Find an old vase or something similar you can put your piping bag in, and fold the open end over the edge to hold the bag open. Scrape your macaron mixture into your piping bag and twist the top of the bag closed to secure it.
- 11.** Now you need your prepared baking tray. Use something like a piece of cutlery to weigh your paper down so it doesn’t slide all over the place. Holding your piping bag at the twisted top, position it straight up and down with the nozzle approximately 1 centimetre ($\frac{1}{2}$ inch) off the paper in the centre of one of the guide circles. Use one hand to steady the nozzle and the other hand to squeeze the bag from the top. Squeeze gently until the mixture reaches just inside the outer edge of the guide, then stop squeezing and, with your nozzle still close to the macaron mixture, flick the nozzle in a small half-circle motion and pull up and away. Move to your next guide circle and repeat. This process will take practice, but you will soon find a piping technique that works for you.