

# The chocolate macaron



**Serves :**

30 macarons



**Prep :**

1h30



**Rest :**

Freezing : -  
Refrigeration : -



**Cook :**

Temperature : 284-320°F  
Time : 12-18 min.

## Special equipment

Plain piping nozzle 10 mm

Silicone mat or Teflon sheet

Plain piping nozzle 12 mm

## List of recipes

✓ French meringue shells

✓ Chocolate ganache



# Steps

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*Rest for 24-48 hours in the refrigerator*

# Preparation of ingredients

## Ingredients

- ☑ 135 g ~ Egg whites (x4-5)
- ☑ 200 g ~ Almond powder
- ☑ 175 g ~ Powdered sugar
- ☑ 18 g ~ Cocoa powder

- Separate the egg whites from the yolks. It is imperative that the eggs are not too fresh but rather 2-3 weeks old and at room temperature. To make about 60 shells (30 macarons), you will need about 4-5 egg whites (135g).
- Prepare the almond powder (at least 200g) which must be very fine to obtain a smooth shell.
- Roast the almond powder by placing it in the oven for 15-20 minutes at 130°C/266°F, then let it cool to room temperature. The almond powder should not brown.

### Making the 'tant pour tant' (equal amount in French).

In the bowl of a blender, place:

- 168 g of almond powder,
  - 175 g of powdered sugar,
  - and 18 g of cocoa powder.
- Blend on high speed for 5 seconds.
  - Manually mix the powders to detach them from the sides and bottom, then blend again for 5 seconds.
  - Repeat this process 3-4 times to obtain a very fine and well-mixed powder. Be careful not to overdo it, as this would bring out the almond oil.
  - Transfer the 'tant pour tant' into a mixing bowl by sifting it and store it in a dry place.



## Ingredients

- ☑ 135 g ~ Egg whites (from the preparation)
- ☑ 102 g ~ Superfine sugar

## The french meringue

- Pour into the bowl of the stand mixer 135g of egg whites (at room temperature) and whisk on low to medium speed.
- When the egg whites start to become frothy and hold onto the whisk (the bottom may still be a little liquid), gradually add 102g of superfine sugar.
- After adding all the sugar, continue whisking on medium speed for 6 to 10 minutes until the meringue is firm but still slightly flexible. You can increase the speed slightly, but it is important not to overbeat the egg whites.
- Preferably, transfer the meringue to a large mixing bowl.



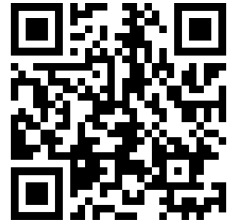
## The macaronage

- Pour half of the tant pour tant onto the meringue.
- Gently fold the mixture with a spatula until homogeneous.
- Add the second half of the tant pour tant and fold gently.
- Once the mixture is homogeneous, start to macaron the dough ... for this, simply press the dough against the side of the bowl. This will eliminate air bubbles and liquefy the dough.
- It is important to frequently check the consistency of the dough! Stop as soon as it forms a ribbon that flows slowly when lifting the spatula (the ribbon should not break).
- It is better to under-macaron than over-macaron because it cannot be fixed ...
  
- Pour the batter into a piping bag fitted with a round tip of 8-10mm (see video from 07:38).
- Pipe the shells onto a silicone mat or baking sheet (such as a Teflon sheet). Use a template to obtain shells of the same size. Place the tip about 1-2 cm high and perpendicular to get something even.
- Once all the shells are piped, tap the baking sheet by lifting and dropping it against your work surface until the shells are smooth and the right size (about 4-5 cm in diameter).
- If needed, use a toothpick to pop any air bubbles.
- Then, let the shells rest and form a skin



# Crusting

- Make sure to let the shells crust in a dry place, that is to say with a temperature above 20°C/68°F and a humidity level below 50%.
- The shells should be dry to the touch (usually between 30 minutes and 1 hour).



# Baking

- This may be the most complex phase because each oven is different! So you will need to find the right settings.
- Start by preheating the oven to 150°C/302°F (fan-assisted).
- Place the shells in the middle of the oven.
- The foot should form after 6-7 minutes. If it appears much earlier, the oven is too hot! And if it appears later, it is not hot enough.
- For the baking time, after 12 minutes, open the oven and touch a shell to see if it is rigid enough and then try to move it. As long as it moves a little compared to its base, it is not cooked enough! Extend the baking time for 1 to 2 minutes...
- Check again and when it no longer moves, add 1 minute of additional baking time.
- This way you can find the ideal baking time for the shells. It may be necessary to make several attempts...
- For me, my ideal baking time is 17 minutes at 155°C/311°F.
- Upon exiting the oven, make sure not to leave the shells on the baking sheet... but place the silicone mat or baking sheet on the work surface.
- Let the shells cool before removing them from their support (at least 30 minutes).

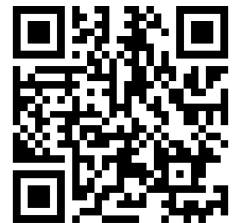


## Ingredients

- ☑ 175 g ~ Dark chocolate 70%
- ☑ 125 g ~ Whipping cream (30% fat)
- ☑ 35 g ~ Milk
- ☑ 10 g ~ Honey (or invert sugar)
- ☑ 20 g ~ Butter (82% fat)

## Chocolate ganache

- Microwave 175g of dark chocolate for 1 min. 30 at 500W.
- In a small saucepan, pour:
  - 125 g of 30% fat whipping cream
  - 35 g of milk and
  - 10 g of honey,
- then heat on medium heat until boiling.
- Pour half of the hot cream over the chocolate, making sure it covers it properly.
- Meanwhile, cut 20g of butter into small cubes (1 cm).
- Finally, emulsify (mix) the chocolate and cream. When it becomes smooth and homogeneous, add the second half of the cream (which should be hot).
- Mix until the cream becomes smooth and shiny.
- Add the diced butter and continue to mix until completely dissolved.
- Cover with cling film and let the ganache set at room temperature (not in the refrigerator!). => The duration is approximately 2-3 hours.
- When the ganache becomes creamy and holds its shape well, transfer it to a piping bag fitted with a round 12mm nozzle.



## Assembly

- Making pairs of the same size with the macaron shells, by placing one shell right-side up and the other upside down.
- Fill the upside-down shells with the chocolate ganache and cover them with the right-side-up shells (the video is explicit!).
- Gently press each macaron so that the ganache covers the entire surface of the macaron.
- Store the macarons in the refrigerator for 24 to 48 hours before enjoying them!!!



# Tips

## ❖ Tant pour tant:

To obtain a smooth and uniform shell, it is important to use very fine almond powder. I also noticed that the moisture content of almond powder can vary from one to another! So, I have made it a habit to roast my powder in the oven at 130°C/266°F for 20 minutes. At half-time, you can stir it a bit for more homogeneity. And finally, be careful, the powder should not color.

The mixture of powders (almonds, icing sugar, and cocoa) should preferably be done with a mixer. It is important not to mix for too long in order not to bring out the oil from the almonds! So, in batches of 5 seconds, repeated 3-4 times is sufficient.

## ❖ The eggs:

It is often recommended to age egg whites! Which is not necessarily very healthy...

The important thing is that the eggs should be at room temperature (anyway, eggs do not keep in the refrigerator!). Finally, to maximize the success of your meringue, I advise you to avoid extra-fresh eggs and use eggs that are 2-3 weeks old.

## ❖ The meringue:

The smaller the quantity of egg whites you work with, the more difficult it will be to beat them into snow.

Use at least 100g of white. For information, 135g of white (or about 4 to 5 egg whites) can make 60 shells.

It is also very important to beat the eggs on a slow to medium speed, never on high speed! This will allow the meringue to hold better later on.

It is also important to add the sugar gradually and to whisk for a long time (between 6 to 10 minutes after adding the sugar) so that the sugar is completely dissolved and the meringue becomes firm.

In general, we stop whisking when the meringue begins to stick to the whisk (in its center). To check for a bird's beak, stir the meringue by hand with the whisk, then remove it vertically. You will thus see if the beak bends or not when you put it horizontally. In our case, the beak must be quite rigid.

## ❖ The crusting:

You certainly know this, but it is totally not recommended to make macarons on a rainy day, when your dishwasher is running, ... at least not with something that generates moisture in your kitchen.

Therefore, it is important to crust your shells in a room that has a temperature of at least 20°C/68°F and a humidity level below 50%.

The time is quite variable (30 min. to 1 hour) but the important thing is that it is dry to the touch.

## ❖ The cooking:

Cooking is certainly the most delicate part because it all depends on your oven.

Start at a temperature of 150°C/302°F and see at what point the collar starts to develop, which should happen around 6-7 minutes.

If the collar has trouble developing, you can help it by placing your tray on another tray that will have remained in the oven during preheating (and which will be hot as a result). This will create a thermal shock on the base of the shell, facilitating the development of the collar.

For the cooking time, check regularly (from 12-14 minutes of cooking) if the shell moves in relation to its base. As long as it moves, add 1 minute of cooking. Once it no longer moves, add one last minute of cooking so that it can be easily detached from its support later on.

At my place, cooking is done at 155°C/311°F for 17 minutes!

Finally, if the collar tends to develop more on one side than the other, turn your tray halfway through cooking!

## ❖ Freezing:

They really need to be tasted after at least 24 hours of rest in the refrigerator. The creaminess of the ganache will blend with the shell ...

You can easily freeze the shells or the whole macarons, they will be even better!