

Italian-style macaroon shells |

Recipe for 45 shells

Description

Note

Please note that the temperature indicated corresponds to a non-professional convection oven. Depending on the power of your oven, this may change.

Ideally, remove the egg whites to the kitchen counter at room temperature.

Use full, unperforated baking trays, as this is easier when you need to hit them after poaching.

Ingredients

Macaroon shells

- 250 Gr Almond powder
- 250 Gr Icing sugar
- 90 Gr Egg white
- 65 Ml Water
- 250 Gr Sugar
- 90 Gr Egg white

Preparation

- Preparation time **60 mins**
- Preheat your **Oven** at **290 F°**
- Resting time **20 mins**

Realisation

1^{re} step

Gather the powdered sugar and almond powder in a food processor, blend, making sure the mixture appears to you as a single color. Then pass the powder through a sieve.

Pour the first quantity of white into a bowl, add the powder and mix well with a spatula.

It's precisely at this point that you can add powdered coloring (ideally) if you wish.

Italian meringue

Pour the second half of the egg whites into the bowl of an electric mixer. Whip at medium speed.

In a saucepan, pour in the water and then the sugar, place over high heat, bring to the boil, then cook until it reaches a temperature of between 118°C and 121°C max, (244°F and 245°F). While the sugar is cooking, increase the speed to whip the egg whites.

When the sugar reaches around 119°C, stop cooking and immediately pour the sugar gently over the whites, which won't stop turning.

Leave the meringue to cool.

Mix

Gradually fold the Italian meringue into your first mixture (almond/sugar/white) using a spatula.

Then, ideally, use a horn to macerate the mixture. This will give the mixture the desired texture and shine.

All that's left is to poach the shells on a baking tray with baking paper.

Baking

Poke (lay) the macaroon dough evenly onto the baking trays. Once the tray is full, lightly tap it over its entire surface. This will even out the shells and remove any air bubbles.

Leave the shells to dry on the counter for a good twenty minutes, then gently touch them with your fingertips. If your finger remains clean, you can put them in the oven.

Allow an average of 12 minutes, then turn the tray and leave for a further 10 minutes.

Make sure they're cooked through.

Bon appétit!