



MCCALL'S RECIPE: **MACARONS**

	<u>Metric</u>	<u>Imperial</u>	<u>Cups</u>
Blanched Almond Flour	180 g	6 1/2 oz	1 1/2 cups
Icing Sugar	275 g	9 1/2 oz	2 1/3 cups
Egg Whites	130 g	4 1/2 oz	2/3 cup
Fine Sugar	40 g	1 1/2 oz	3 tbsp
Powdered Egg Whites (Egg Albumen)	10 g	1/3 oz	2 tbsp
Liquid Gel Colouring	as required		

Method:

Preheat the oven to 300°F.

Sift together the almond flour and icing sugar to remove any lumps.

Whip egg white until frothy. Add fine sugar and powdered egg white slowly and whip until stiff.

Add a few drops of food colouring to the white mixture according to the flavour being made.

Gently fold one third of the almond mixture into the whipped egg whites. The mixture should stay streaky. Lightly fold in another third of the almond mixture. Fold the remaining almond mixture, leaving a few specks of the egg whites visible.

Pipe the batter with tip # 12 into rows of 1 inch kisses, 1/2 inch apart onto lined baking sheets.

Bake for 11 to 14 minutes rotating baking sheets.

Allow the macarons to cool completely.