



COOKING CLASSES
AT SUR LA TABLE

TROPICAL MACARONS

WITH SUR LA TABLE CHEF

Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Produce

- 1 cup fresh or frozen raspberries

Dairy

- 6 large egg whites (6 ounces)
- 2 sticks unsalted butter

Pantry Items

- Confectioners' sugar
- Almond flour
- Cream of tartar
- Granulated sugar
- Vanilla bean paste or 1/2 vanilla bean
- Fine kosher or sea salt
- Freeze-dried raspberries (optional)
- Clear alcohol such as vodka (optional)

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Hand Tools/Gadgets

- Kitchen scale
- Bench scraper (optional)
- Measuring cups and spoons
- Sieve or fine-mesh strainer
- Silicone spatula
- Wooden spoon
- Instant-read thermometer
- Large mixing bowl
- Whisk

Cookware

- Medium saucepan

Appliances

- Food processor
- Stand mixer or handheld mixer with paddle and whisk attachment

Baking Tools and Equipment

- 2 baking sheets lined with parchment paper
- 2 large pastry bags (disposable or fabric)
- 1/2-inch plain round ti

Other

- Parchment paper

Pre-Class Mise en Place and Notes

- Please gather all ingredients prior to class if you will be cooking along.
- It is helpful to organize the ingredients by recipe on rimmed baking sheets.
- Feel free to pre-measure ingredients, but it is not necessary.

Mango Coconut Macarons

1. Print out 4 copies of the macaron template from the last page of this packet to place under your parchment paper on your rimmed baking sheets.
2. You will start class by pulsing the almond flour and the confectioners' sugar. It will be helpful to have your ingredients, kitchen scale, food processor, fine-mesh strainer and a sheet of parchment paper ready to go.
3. Preheat the oven to 300°F and position the rack in the middle of the oven.
4. Toast coconut, about a 1/2 cup

MANGO COCONUT MACARONS

Yield: 35 sandwich cookies

7 ounces confectioners' sugar
4 ounces almond flour
4 large (4 ounces) egg whites, at room temperature
1/8 teaspoon cream of tartar
3 1/2 ounces granulated sugar
Orange food gel coloring

For decorating:

Shredded unsweetened coconut, untoasted

1. Preheat the oven to 300°F and position a rack in the middle of the oven. Fit baking sheets with parchment paper. Make sure the pans are flat (not dented or warped) and the parchment is trimmed to fit the pan. Using paper templates, trace circles onto the parchment or place templates under the parchment paper.
2. To the bowl of a food processor fitted with a metal blade, process confectioners' sugar and almond flour into a fine powder, about 30 seconds. Using a drum sieve or fine mesh strainer, sift mixture onto a sheet of parchment paper three times and discard any coarse meal (no more than 1/2 teaspoon). Set aside.
3. **To make meringue:** To the bowl of a stand mixer fitted with a whisk attachment, add egg whites and cream of tartar; whip whites on medium speed until foamy. Gradually add sugar, stopping to scrape down the sides of the bowl as needed. Once the sugar is incorporated, continue to whip meringue into stiff glossy peaks. The meringue should have the consistency of shaving cream. Gently fold in orange gel food coloring
4. **To complete macaronnage step:** Add one-third of the sifted flour mixture to the meringue and fold with a spatula. Once incorporated, add the remaining flour mixture, smearing batter along the sides of the bowl and then folding back into the center, being careful not to over mix. Repeat until the batter becomes shiny and reaches the consistency of slow-moving lava. To check for correct consistency, the batter should flow from the spatula-like thick lava and hold a ribbon for a couple of seconds, then fall back into itself making a smooth glossy surface. If it falls in clumps, continue to fold gently, deflating batter until proper consistency is reached.
5. Transfer batter to a pastry bag fitted with a 1/2-inch plain round tip. Using both hands to hold the pastry bag, pipe batter by placing tip 1/2 inch above parchment, directly in the center of first stenciled circle, and fill. Once the circle is filled, stop squeezing and make a quick upward and sideways motion to detach the batter and move to the next circle. (The batter should settle into a smooth and glossy round circle.) Lightly sprinkle every other macaron with the unsweetened, non-

toasted shredded coconut.

6. Let macarons stand at room temperature until a firm skin forms, 30 to 45 minutes. To check to see if macarons are ready, lightly touch the side, and if your finger does not make a dent, they are ready for the oven.

7. Bake macarons one sheet at a time, rotating halfway through, until macarons are crisp and firm, 14 to 16 minutes. Carefully slide macaron topped parchment sheets onto a wire rack and allow macarons to cool completely before removing them from the paper and filling.

Recipe variations:

- To dye macarons, fold a scant amount of gel food coloring to the stiff meringue.

COCONUT BUTTERCREAM

Yield: *about 2 cups*

2 1/2 cups powdered sugar

4 ounces (1 stick) unsalted butter, softened

1/4 cup coconut cream (solids from a can of coconut milk)

Pinch kosher salt

For decorating

Unsweetened shredded coconut, toasted

1 recipe Mango Curd

1. **To prepare buttercream:** To the bowl of a stand mixer fitted with a paddle attachment, add sugar, butter, coconut cream, and salt, and mix until pale and fluffy, about 3 minutes. Add milk and vanilla and mix until smooth.
2. **To assemble macarons:** Pipe about 1/2 teaspoon of mango curd into the center of the flat side of a cooled macaron. Then, pipe buttercream in a circle around the curd. Place another cookie, flat side down, over the filling, and gently press just enough to push the filling out towards the edges. Once filled, gently roll the exposed buttercream edge in the toasted shredded coconut.
3. Once filled, macarons can be refrigerated in an airtight container for up to 3 days.

MANGO CURD

Yield: about 1 cup

1/4 cup granulated sugar

1 tablespoon freshly squeezed lime juice

2 large egg yolks

1/2 cup mango puree (roughly 1 medium mango)

2 tablespoons unsalted butter, cut into 1-inch cubes

1. Set a heatproof mixing bowl over a small saucepan filled with a small amount of water. Set the saucepan over medium heat, and bring to a simmer. To a heatproof mixing bowl, add sugar, lime juice, egg yolks, and mango puree; whisk to combine. Cook slowly while stirring constantly until curd is thick enough to coat the back of a spoon and the temperature reaches 170°F, 10 to 15 minutes. Be careful to not let the curd boil.
2. To a fine mesh strainer set over a mixing bowl, strain curd. To the strained curd add butter and whisk to incorporate, 1 piece at a time. Cover the curd by pressing plastic wrap directly to the surface of the curd to prevent a skin from forming. Chill until completely cool. Once chilled, transfer to a piping bag fitted with a small round tip.

HOW TO MAKE MACARONS

Making macarons requires only three ingredients: almond flour, confectioners' sugar and egg whites. Other items such as cocoa powder, dried raspberries, nut powders and dried teas can be added to change the color and flavor of these delicate cookies. It's important to carefully choose ingredients and follow the preparation and baking instructions in this packet to ensure success.

Almond flour, very finely ground

Available at Sur La Table, specialty stores, or online. Store products in the freezer as nut flours spoil quickly. Purchase products that contain little or no cornstarch which can cause the macaron shells to crack. Another option is to buy almonds and grind them to a very fine texture in a food processor, spice grinder, or blender.

Egg whites

For best results, allow the egg whites to reach room temperature before whipping. Make sure that the whites contain no bits of yolk which will prevent the whites from foaming properly. A mild acid such as cream of tartar also helps the egg whites foam. When measuring, keep in mind that the white from a large egg weighs approximately 1 ounce.

Flavorings

Mix dry flavorings such as dried fruit powders, teas, nut powders and cocoa with the almond meal. Mix wet ingredients such as food colorings with the egg whites once they are beaten.

MACARON BATTER MIXING TECHNIQUES

Common/French/Cold Meringue

Made with room temperature egg whites. Sugar is slowly added after the egg whites are beaten to the soft peak stage. This mixture is less stable and must be used immediately.

Cooked/Italian/Hot Meringue

A sugar syrup (4 parts sugar to 1 part water) is cooked to approximately 243°F (firm ball stage), then poured into the whipping egg whites (begin whipping egg whites when the sugar syrup reaches a boil). This mixture is more stable than a cold meringue.

IMPORTANT MACARON TERMINOLOGY

Macaronnage

The technique of deflating the almond flour and meringue to create a smooth, shiny batter.

Macaronner

The technique of mixing the batter until it is firm and drips slowly when scooped.

Pied

The "foot" or small frills that form along the bottom edge of a macaron makes the cookie distinctive and authentic. Forming the pied depends on several factors including proper

macaronnage, oven temperature and rapping the baking sheet on the counter before placing it in the oven.

MACARON TIPS

- To ensure consistent results, weigh all the ingredients with a digital scale.
- Make sure to sift your ingredients multiple times if necessary. Dry ingredients should have a powdery texture with no lumps. The almond and confectioners' sugar mixture may be pulsed in a food processor to make the texture finer.
- The final macaron batter should be firm and drip slowly when scooped with a silicone spatula.
- To keep macarons consistent in size and shape, make a circle template by drawing 1 1/3-inch circles spaced at least 1/2 inch apart on the reverse side of a sheet of parchment paper cut to fit your baking sheet or use a macaron silicone baking mat.
- When piping the macaron batter, keep the tip of the pastry bag about 1/2 inch above and in the middle of the circle guide since the batter will spread.
- After piping, rap the baking sheet firmly on the counter to release any trapped air and to help form the pied.
- Dry the piped macarons for at least 30 minutes before baking. The drying process is complete when the macarons no longer stick to your finger when lightly touched.
- Only bake one tray at a time and rotate the baking sheet in the oven to promote even baking.
- If macarons stick to the parchment paper after baking, transfer the macarons to the freezer for 5 minutes to release.
- Macarons can be kept sealed in an airtight container for up to 1 week in the refrigerator.

