COOKING CLASSES

AT SUR LA TABLE

FOCUS SERIES: RASPBERRY HEART 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

- ☐ 8 ounces fresh raspberries (can be substituted with frozen)
- ☐ 1 small Granny Smith apple
- ☐ 1 lemon

Dairy and Refrigerated

- ☐ 4 large egg whites

Pantry Items

- ☐ 7 ounces confectioners' sugar (powdered sugar)
- ☐ 4 ounces almond flour or meal
- ☐ 2 tablespoons freeze-dried raspberries
- ☐ Granulated sugar
- ☐ Cream of tartar
- ☐ Red or pink gel food coloring
- ☐ Edible gold dust
- ☐ Kosher salt

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
- ☐ Measuring cups and spoons
- ☐ Sieve or fine-mesh strainer
- ☐ Silicone spatula
- ☐ Candy thermometer or digital thermometer
- ☐ Wooden spoon
- ☐ Box grater
- ☐ Citrus juicer or reamer
- ☐ Large mixing bowl
- ☐ Clean paint brush

Cookware

- ☐ Small saucepan

Appliances

- ☐ Food processor
- ☐ Stand mixer or handheld mixer

Baking Tools and Equipment

- ☐ 2 baking sheets lined with parchment paper
- ☐ 2 large pastry bags (disposable or fabric)
- ☐ 1/2-inch plain round tip (#12)

Other

- ☐ Parchment paper
- ☐ Heat-safe container for storing jam

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.

Raspberry Macarons

1. Grind the freeze-dried raspberries into a powder using a food processor, spice grinder, or by placing in a food storage bag and smashing with a rolling pin or skillet. After grinding, sift through a fine-mesh strainer to remove any large pieces, repeating until you have 2 tablespoons of powder.
2. 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.
3. 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.
4. Preheat the oven to 300°F and position the rack in the middle of the oven.

Raspberry Jam

1. Place a small plate in the freezer.
2. If using frozen raspberries, 30 minutes prior to class, remove the raspberries from the freezer and defrost them in a mixing bowl.

RASPBERRY MACARON WITH RASPBERRY JAM

Yield: *35 sandwich cookies*

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7 ounces confectioners' sugar, divided
4 ounces almond flour or meal
2 tablespoons freeze-dried raspberries, finely ground into a powder
4 large (4 ounces) egg whites, room temperature
Pinch of cream of tartar
3 1/2 ounces granulated sugar
Red or pink gel food coloring
Edible gold dust

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Preheat the oven to 300°F and position the rack in the middle of the oven.

1. ***To prepare the baking sheets***: Line the baking sheets with the macaron templates; place a sheet of parchment paper on top of the template.

2. ***To make the dry mixture***: In the bowl of a food processor fitted with a metal blade, pulse 1/3 of the confectioners' sugar and all the almond flour into a fine powder. Using a fine-mesh sieve or strainer, sift the mixture 2 times onto a large piece of parchment paper. Sift the remaining confectioners' sugar 2 times. Combine the almond flour mixture, remaining confectioners' sugar and raspberry powder and set aside on a piece of parchment.

3. ***To make the meringue****:* To the bowl of a stand mixer fitted with a whisk attachment, add the egg whites and the cream of tartar; whip the whites on medium speed until foamy. Gradually add the sugar, stopping to scrape down the sides of the bowl as needed. Once all the sugar is incorporated, continue to whip the meringue into stiff glossy peaks. The meringue should have the consistency of shaving cream. With a silicone spatula, gently fold in the food coloring. Transfer the meringue to a large mixing bowl.

4. ***To complete the macaronnage step***: Add one-third of the sifted almond mixture to the meringue and fold with a spatula. Once incorporated, add the remaining almond mixture and fold until no streaks remain. Begin deflating by smearing the batter along the sides of the bowl and then folding back to 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 the correct consistency, the batter should flow from your 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 and does not flow slowly, continue to fold gently, deflating the batter until the proper consistency is reached.

5. ***To pipe the macarons***: Transfer the batter to a pastry bag fitted with a 1/2-inch plain round tip. Using both hands to hold the pastry bag, pipe the batter by placing the tip 1/2 of an inch above the parchment, directly in the center of the 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.) Gently tap the filled baking sheets on your work surface 1 to 2 times to release any air bubbles.

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

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

RASPBERRY JAM

Yield: *about 1 cup*

This jam can be kept in an airtight container in the refrigerator for up to 2 months.

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8 ounces fresh raspberries
3/4 cup granulated sugar
1/4 cup peeled and shredded Granny Smith apple (about 1/4 of an apple)
1 1/2 teaspoons freshly squeezed lemon juice
Pinch of kosher salt

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Place a small plate in the freezer to chill.

1. ***To make the jam*****:** To a saucepan set over medium heat, add the raspberries, sugar, shredded apple, lemon juice and salt. Bring to a boil, stirring often. When the sugar is completely dissolved, boil the mixture, stirring and adjusting the heat as needed, until thickened and registers 217° to 220°F on a digital or candy thermometer, about 10 to 15 minutes. Remove the pot from the heat.

2. To test the consistency: Place 1 teaspoon of jam on a chilled plate and freeze for 2 minutes. Drag your finger through the jam on the plate; the jam has the correct consistency when your finger leaves a distinct trail. If runny, return the pot to the heat and simmer for 1 to 3 minutes longer before retesting. Skim any foam from the surface of the jam using a spoon.

3. ***To strain and store the jam*****:** Press the cooked jam through a fine-mesh strainer into a heat-safe container and cool to room temperature before covering and placing in the refrigerator.

4. ***To assemble the macarons***: Transfer the jam to a pastry bag fitted with a 1/2-inch plain round tip and pipe 1 teaspoon of the filling onto the flat side of a cooled macaron. Place another cookie, flat side down, over the filling and gently press just enough to push the filling out towards the edges. Using a clean paint brush, make swoops with gold dust over one, or both, sides of macarons.

5. Once filled, macarons can be refrigerated in an airtight container for up to 1 week.

Recipe variations:

- Substitute with your favorite seedless raspberry jam, chocolate hazelnut spread, or chocolate ganache.
- To make gold paint, mix a few drops of vodka with gold dust until the texture of watercolor paint. Please note that the vodka will evaporate completely once dry. For an alcohol-free mix, use a few drops of clear flavoring extract such as almond, vanilla, or lemon.

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're 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 make 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.

