



COOKING CLASSES

AT SUR LA TABLE

DECADENT CHOCOLATE 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.

Dairy

- 4 ounces egg whites
- 2/3 cup heavy whipping cream
- 2 tablespoons unsalted butter

Pantry Items

- Confectioners' sugar
- 4 ounces almond flour
- Dutch-process cocoa powder
- Cream of tartar
- Granulated sugar
- Fine kosher salt

Dry/Canned Goods

- 8 ounces bittersweet chocolate

Equipment Needed

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

Cutlery

- Serrated knife
- Cutting board

Hand Tools/Gadgets

- Digital scale
- Measuring cups and spoons
- Silicone spatula
- Whisk
- Offset spatula
- Sieve or fine-mesh strainer
- Large liquid measuring cup
- Large mixing bowl
- Small mixing bowl

Cookware

- Small saucepan

Appliances

- Food processor
- Stand mixer or handheld mixer with a whisk attachment

Bakeware

- 2 rimmed baking sheets
- 2 disposable or reusable pastry bags
- 1/2-inch plain round tip (#12)

Other

- Parchment paper
- Macaron templates (included)

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.
- We encourage you to prep all your ingredients before class as it will allow you to have more time to listen and watch the instructor.

Chocolate Macarons

1. Print out 4 copies of the macaron template from the last page of this packet to place under your parchment paper or silicone baking mat on your rimmed baking sheet.
2. You will start class by pulsing the almond flour and 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.

Dark Chocolate Ganache

1. 30 minutes before class, remove 2 tablespoons of unsalted butter from the refrigerator and allow to soften.

CHOCOLATE MACARONS

Yield: 35 sandwich cookies

6 1/2 ounces confectioners' sugar
4 ounces almond flour
1/2 ounce Dutch-process cocoa powder
4 ounces egg whites, at room temperature
1/8 teaspoon cream of tartar
3 1/2 ounces granulated sugar

1. Preheat the oven to 300°F and place the rack in the lower section of the oven. Line two baking sheets with parchment paper or silicone mats. 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 them under the silicone mats.
2. To the bowl of a food processor fitted with a metal blade, process the confectioners' sugar, almond flour and cocoa into a fine powder, about 30 seconds. Using a drum sieve or a fine-mesh strainer, sift the 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 the meringue:** To the bowl of a stand mixer fitted with a whisk attachment, add the egg whites and cream of tartar; whip whites on medium speed until foamy. Remaining at medium speed, gradually add the sugar. Once all the sugar is incorporated, turn the mixture to high speed and continue to whip the meringue into stiff glossy peaks. The meringue should have the consistency of shaving cream. Transfer the meringue to a large mixing bowl.
4. **To complete the macaronnage step:** Add one-third of the sifted flour mixture to the meringue and fold with a silicone spatula. Once incorporated, add the remaining flour mixture, smearing the batter along the sides of the bowl and then folding back to the center, being careful not to overmix. 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 doesn't flow slowly, continue to fold gently, deflating the batter until the proper consistency is reached.
5. 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 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.)
6. Let the macarons stand at room temperature until a firm skin forms on the macarons, 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. Bake the macarons one sheet at a time, rotating halfway through until crisp and firm, about 14 to 16 minutes. Carefully slide the macaron topped parchment sheets onto a wire rack and allow macarons to cool completely before removing them from the paper and filling.

DARK CHOCOLATE GANACHE

Yield: about 1 cup

2/3 cup heavy whipping cream

8 ounces bittersweet chocolate, chopped

2 tablespoons (1 ounce) unsalted butter, softened

1/8 teaspoon fine kosher salt

1. **To prepare the chocolate mixture:** To a small saucepan set over medium-high heat, add the cream and bring to a simmer. Place the chopped chocolate in a medium heatproof bowl and pour the hot cream over the chocolate. Let stand for 5 minutes.

2. **To prepare the ganache:** Starting in the center of the chocolate, slowly whisk until the mixture is smooth and all the chocolate is melted. Add the butter and salt; whisk until combined. Let cool, until firm but still pliable for piping.

3. When the ganache reaches the desired consistency, transfer to a piping bag with a medium round tip.

4. **To assemble the macarons:** Pipe about 1 teaspoon of ganache 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.

5. Once filled, macarons can be refrigerated in an airtight container for up to 3 days.

Recipe variations:

- Ganache can be flavored with your favorite extract, alcohol, or spices. When adding liquid to a ganache, take care not to add more than 2-3 tablespoons to this recipe.

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, health food stores, or online. Store products in the freezer as nut flours spoil quickly. Purchase products that contain little or no cornstarch which can cause 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 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 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 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 mixing almond flour and meringue to create macarons.

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 40 minutes before baking. The drying process is complete when the macarons no longer stick to your finger when lightly touched.
- Rotate the baking sheet in the oven to promote even baking.
- If macarons stick to the parchment paper after baking, pour a small amount of water underneath the parchment and allow the steam to loosen the macarons.
- Macarons can be kept sealed in an airtight container for up to 1 week in the refrigerator.

