



**COOKING CLASSES**  
AT SUR LA TABLE

**FOCUS SERIES**  
**PISTACHIO MACARONS**

WITH SUR LA TABLE CHEF

**MENU:**  
**PISTACHIO MACARONS**  
**WITH PISTACHIO CREAM FILLING**

# Ingredient Shopping List

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

## Dairy

- ☐ 6 egg whites
- ☐ 8 ounces unsalted butter

## Pantry Items

- ☐ Confectioner's sugar
- ☐ Kosher salt
- ☐ Granulated sugar
- ☐ Vanilla bean paste
- ☐ Green food gel coloring

## Dry/Canned Goods

- ☐ 1/8 teaspoon cream of tartar
- ☐ 2 ounces almond flour
- ☐ 2 ounces pistachio flour
- ☐ 3 tablespoons pistachios

# Equipment Needed

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

## Cutlery

- ☐ Chef's knife
- ☐ Scissors
- ☐ Cutting board

## Hand Tools/Gadgets

- ☐ Whisk
- ☐ Spatula
- ☐ Offset spatula
- ☐ Scale
- ☐ sifters

## Cookware

- ☐ Saucepan

## Appliances

- ☐ Stand mixer with attachments
- ☐ Food processor

## Bakeware

- ☐ Baking sheets
- ☐ Parchment
- ☐ Piping bag
- ☐ Round piping tip

## **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.

### **Pistachio Macarons**

1. Preheat oven to 300°F

### **Pistachio Cream Filling**

1. Allow butter to come to room temperature
2. Roast and finely chop pistachios

## PISTACHIO MACARONS

**Yield:** 35 sandwich cookies

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

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Preheat oven to 300°F and position rack in middle of 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 the bowl of a food processor fitted with a metal blade, pulse confectioners' sugar, almond flour, and pistachio flour into a fine powder. Using a fine-mesh sieve or strainer, sift the mixture 3 times onto a large piece of parchment paper.
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 gel food coloring, 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. 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 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.

## PISTACHIO CREAM FILLING

***Yield:*** about 2 cups

The base of this crème filling is Swiss buttercream. Swap out the pistachios for endless recipe variations.

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*2 large egg whites, at room temperature*

*1/2 cup granulated sugar*

*8 ounces unsalted butter, cut into 1-inch pieces, at room temperature*

*1/8 teaspoon fine kosher salt*

*1/2 teaspoon vanilla bean paste*

*3 tablespoons pistachios, roasted and finely chopped*

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1. ***To prepare the cream:*** To the bowl of a stand mixer add egg whites and sugar; whisk to blend. Bring 2 inches of water to a simmer in a medium saucepan. Place the bowl with the whites and sugar over the simmering water and heat, whisking constantly, until the mixture reaches 160°F (hot to the touch) on an instant-read thermometer. Remove mixture from the heat and attach bowl to a stand mixer fitted with a whisk attachment. Whip the mixture on high speed until it cools to room temperature, is light and billowing, and resembles marshmallow fluff. If the mixture is warm, it will melt the butter you'll be adding next, so touch the meringue and make sure it has cooled to room temperature before continuing.
2. With the mixer on medium-high speed, add butter, a couple of tablespoons at a time, allowing each addition to blend in fully before adding the next. Halfway through adding the butter, stop the mixer and use a silicone spatula to scrape down the sides of the bowl thoroughly. Continue to whip until all the butter has been added and the mixture is velvety and smooth. Add salt, vanilla, and chopped pistachios, whip to incorporate.
3. Transfer the filling to a piping bag fitted with a medium plain round pastry tip.
4. ***To assemble the macarons:*** Pipe about 1 teaspoon of buttercream 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.

### ***Recipe variations:***

- To the pistachio cream add rose water or orange blossom water.
- Swap pistachios for more vanilla bean paste, or strawberries finely chopped

