



COOKING CLASSES
AT SUR LA TABLE

FOCUS SERIES
LEMON MACARONS

WITH SUR LA TABLE CHEF

MENU:
LEMON MACARON
CANDIED LEMON WHITE CHOCOLATE GANACHE

Ingredient Shopping List

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

Dairy/Refrigerated

- 4 large eggs
- 1/3 cup heavy whipping cream

Produce

- 4 lemons

Pantry Items

- 7 ounces confectioners' sugar
- 4 ounces almond flour
- 8 to 10 ounces granulated sugar
- 1/8 teaspoon cream of tartar
- Yellow gel food coloring
- 12 ounces white chocolate
- 1/8 teaspoon lemon oil

Equipment Needed

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

Cutlery/Hand Tools/Gadgets

- Kitchen scale
- Bench scraper (optional)
- Measuring cups and spoons
- Sieve or fine-mesh strainer
- Silicone spatula
- Wooden spoon
- Large mixing bowl
- Mixing bowls (various sizes)
- Whisk
- Vegetable peeler
- Chef knife
- Slotted spoon

Appliances

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

Baking Tools and Equipment

- 2 baking sheets
- 2 medium pastry bags (disposable or fabric)
- 1/2" plain round pastry tip (#12)

Cookware and Other

- Parchment paper
- 2 medium saucepans
- Wire cooling rack

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.

Lemon 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 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 rack in the middle of the oven.
4. 30 minutes prior to class, remove 4 egg whites from refrigerator and allow to come to room temperature.

Candied Lemon White Chocolate Ganache

1. Wash lemons.
2. Peel lemons (see step 1 of recipe).
3. Simmer lemon peels in 1/2 cup granulated sugar and 1/2 cup water for 20 minutes (step 2 of recipe).
4. Remove lemon peel from syrup, drain slightly, and toss with granulated sugar. Set on wire rack to cool and harden (step 3 of recipe).

LEMON MACARONS

Yield: 35 sandwich cookies

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

1. Preheat oven to 300°F and position a rack in middle of oven. Fit baking sheets with parchment paper. Make sure pans are flat (not dented or warped) and parchment is trimmed to fit pan. Using paper templates, trace circles onto parchment or place templates under parchment paper.
2. To the bowl of a food processor fitted with a metal blade, process confectioners' sugar, almond flour, and lemon zest into a fine powder, about 30 seconds. Using a drum sieve, sift mixture onto a sheet of parchment paper three times and discard any coarse meal (no more than 1/2 teaspoon).
3. **To prepare 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 sides of bowl as needed. Once sugar is incorporated add yellow food coloring and continue to whip meringue into stiff glossy peaks. The meringue should have the consistency of shaving cream. Gently fold in vanilla bean paste or seeds.
4. **To complete macaronage step:** Add one-third of sifted flour mixture to meringue and fold with a spatula. Once incorporated, add remaining flour mixture, smearing batter along sides of bowl and then folding back into center, being careful not to overmix. Repeat until batter becomes shiny and reaches the consistency of slow-moving lava. To check for correct consistency, batter should flow from 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" plain round tip. Using both hands, hold pastry bag, pipe batter by placing tip 1/2" above parchment, directly in center of first stenciled circle and fill. Once circle is filled, stop squeezing and make a quick upward and sideways motion to detach batter and move to next circle. (The batter should settle into a smooth and glossy round circle.)
6. Rap baking sheet firmly on counter to release any trapped air and to help form the pied. 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 sides and if your finger does not make a dent, macarons 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 parchment paper and filling.

CANDIED LEMON-WHITE CHOCOLATE GANACHE

Yield: about 1 1/2 cups

3 medium lemons, washed
1/2 cup granulated sugar, plus more for dredging
1/2 cup water
12 ounces white chocolate, chopped
1/3 cup heavy whipping cream
1/8 teaspoon lemon oil

1. Using a peeler or a small sharp knife, peel the lemon zest (*taking care to only remove the zest and not the pith*), taking off long, thin strips.
2. Combine the zest, sugar, and water in a small saucepan and bring to a boil over medium-high heat, stirring to dissolve sugar into syrup. Reduce heat to medium and simmer the mixture for 20 minutes; the syrup will be thick and the zest will be translucent.
3. Using a slotted spoon, remove the zest from the syrup and dredge in granulated sugar to coat. Transfer coated zest to a wire rack to dry. Once the peel is dried, about 10 minutes, finely chop it and set aside. Cool the lemon syrup and reserve.
4. Place a medium saucepan filled with two inches of water over medium heat.
5. Place chocolate, cream, and lemon oil in a medium heatproof bowl and place over the simmering water. While slowly stirring the mixture with a silicone spatula, heat just until the chocolate melts and has a smooth consistency. Add 2 tablespoons of the reserved syrup and the chopped zest to the chocolate, stirring to combine.
6. Let ganache cool, stirring every 10 minutes. When ganache has thickened to a frosting-like consistency, transfer to a piping bag fitted with a medium plain round pastry tip. Pipe a cherry-size portion of ganache onto the flat side of a cooled macaron. Top with a second macaron half and gently press just enough to push the filling out toward the edges.
7. Once filled, macarons can be refrigerated in an airtight container up to 3 days.

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

Macaronage

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

macaronage, 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" circles spaced at least 1/2" apart on the reverse side of a sheet of parchment paper cut to fit your baking sheet. Alternatively, place a template under the parchment paper. Do not remove template until after macarons are baked.
- When piping the macaron batter, keep the tip of the pastry bag about 1/2 " 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 3 days at room temperature or up to 1 week in the refrigerator.

