



**COOKING CLASSES**  
AT SUR LA TABLE

**FOCUS SERIES:**  
**BLUEBERRY CHEESECAKE**  
**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.

## Produce

- 2 cups fresh or frozen blueberries

## Dairy

- 4 large egg whites
- 8 ounces cream cheese
- 2 ounces unsalted butter (1/2 stick)

## Pantry Items

- Confectioners' sugar
- Almond flour
- Cream of tartar
- Granulated sugar
- Vanilla bean paste or 1 vanilla bean
- Cornstarch
- Kosher salt

## Dry/Canned Goods

- Purple gel food coloring

## Frozen

- Ice

# 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
- Medium 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" plain round pastry tip (#12)
- Large round pastry tip

## 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.
- 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.

### **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 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

### **Blueberry Cheesecake Filling**

1. 30 minutes prior to class, remove cream cheese and butter from refrigerator and allow to come to room temperature.
2. If using frozen berries, remove from freezer and allow to thaw.

## BLUEBERRY CHEESECAKE MACARONS

**Yield:** about 35 sandwich cookies

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*7 ounces confectioners' sugar*

*4 ounces almond flour*

*4 large (4 ounces) egg whites, room temperature*

*1/8 teaspoon cream of tartar*

*3 1/2 ounces granulated sugar*

*Purple gel food coloring (optional)*

*Blueberry Cheesecake Filling (recipe included)*

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Preheat oven to 300°F, with rack placed in the lower section of the oven. Fit 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 pan. Using paper templates trace circles onto the parchment or place them under the silicone mats.

1. To the bowl of a food processor fitted with a metal blade, add confectioners' sugar and almond flour, process into a fine powder, about 30 seconds. Using a drum sieve or a 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.

2. **To make the meringue:** In 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 all the sugar is incorporated, continue to whip meringue into stiff glossy peaks. The meringue should have the consistency of shaving cream. Whisk in about 1/4 teaspoon of food coloring, adding more as needed until the desired color is achieved. The meringue should remain thick and stable.

3. **To complete the macaronnage step:** Add one-third of the sifted flour mixture to the meringue and fold with the 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 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 doesn't flow slowly, continue to fold gently, deflating the batter until the proper consistency is reached.

4. Transfer batter to a pastry bag fitted with a 1/2-inch plain round tip. Pipe a small dollop of batter into the corners of each baking sheet and lay parchment over (ink side down) and press down corners to secure. Using both hands to hold the pastry bag, pipe batter by placing the tip 1/2-inch above the parchment at a 45° angle perpendicular to the pan—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.) Let macarons stand at room temperature until a firm skin forms on the macarons, 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.

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

6. **To assemble:** Transfer cheesecake filling to a piping bag fitted with a medium plain round pastry tip. Pipe a cherry-sized portion of filling onto a macaron half. Top with a second macaron half and gently press just enough to push the filling out to the edges.

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

## BLUEBERRY CHEESECAKE FILLING

**Yield:** *about 2 cups*

We love this bright purple filling bursting with fresh blueberry cheesecake flavor. It works as a frosting for cupcakes and cake too! Gently folding in the blueberries by hand makes for great texture with bites of whole blueberries.

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*2 cups blueberries (fresh or frozen and thawed)*  
*1 tablespoon granulated sugar*  
*2 teaspoons cornstarch*  
*1/4 cup water*  
*1 package (8 ounces) cream cheese, room temperature*  
*2 ounces (1/2 stick) room temperature unsalted butter*  
*1 cup confectioners' sugar*  
*1 teaspoon vanilla bean paste*  
*1/4 teaspoon sea salt*

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1. To a medium saucepan set over medium heat add blueberries, sugar, cornstarch and water; stir to combine. Bring mixture to a boil and reduce heat to simmer; cook just until sauce becomes translucent and thick, about 5 minutes. Set aside to cool completely.

2. To the bowl of a stand mixer fitted with a whisk attachment add cream cheese, and softened butter; beat until light and fluffy. Sift the confectioners' sugar to remove any lumps then add to the butter mixture and mix until well combined. Add vanilla and salt and whip until smooth and creamy. Remove bowl from mixer and, using a silicone spatula, gently fold in blueberry mixture until combined.

### **Recipe variations:**

Use this technique with any berry you like! If using blackberries, marionberries, or any other berries with lots of seeds, strain the sauce before folding it into the cream cheese mixture.

## 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.

