

COOKING CLASSES
AT SUR LA TABLE

PUMPKIN SPICE MACARONS

WITH SUR LA TABLE CHEF

MENU:

PUMPKIN SPICE MACARONS
MAPLE BUTTERCREAM



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Ingredient Shopping List

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

Dairy/Refrigerated

- 4 large egg whites
- 4 ounces unsalted butter

Pantry Items

- 12 ounces confectioners' sugar
- 1/2 tsp ground cinnamon
- 1 nutmeg pod
- 1/8 tsp ground cloves
- 1/4 tsp ground ginger
- 4 ounces almond flour
- 1/8 tsp cream of tartar
- 3 1/2 ounces granulated sugar

Dry/Canned Goods/Other

- Orange gel food coloring
- 5 TBSP real maple syrup



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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
- Microplane grater

Cookware

- Medium saucepan
- Small 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
- Small baking sheet or large plate

Other

- Parchment paper



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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.

Pumpkin Spice 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.

Maple Buttercream

1. Remove 4 ounces of unsalted butter from refrigerator and allow to come to room temperature.



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PUMPKIN SPICE MACARONS

Yield: 35 sandwich cookies

*7 ounces confectioners' sugar
1/2 teaspoon ground cinnamon
1/4 teaspoon freshly grated nutmeg
1/8 teaspoon ground cloves
1/4 teaspoon ground ginger
4 ounces almond flour
4 ounces egg whites
1/8 teaspoon cream of tartar
3 1/2 ounces granulated sugar
1/8 teaspoon orange Wilton gel food coloring, more as needed, add a bit of red for warmth*

1. 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.
2. In the bowl of a food processor fitted with a metal blade, pulse the confectioners' sugar and spices with the almond flour into a fine powder. Using a drum sieve, sift mixture onto a sheet of parchment paper and regrind mixture; sift once more and discard any larger pieces, (no more than 1/2 teaspoon) and set aside.
3. To make the 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 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 vanilla. Whisk in the food coloring by hand, adding more gel as needed to reach desired color. The meringue should remain thick and stable.
4. 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.



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5. 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, 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 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.
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 from paper and filling.
8. **To assemble macarons:** Pipe a cherry-size portion of buttercream onto the flat side of a cooled macaron. Place another cookie, flat side down, over filling and gently press just enough to push filling out towards edges.
9. Once filled, macarons can be refrigerated in an airtight container for up to 3 days.



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MAPLE BUTTERCREAM

Yield: about 2 cups

4 ounces unsalted butter, at room temperature

1 cup confectioners' sugar

5 tablespoons maple syrup

1. To the bowl of a stand mixer fitted with a whisk attachment, add the butter and whip until light and creamy, about 2 minutes.
2. Add the confectioners' sugar and maple syrup and mix until the ingredients are well combine and the mixture is smooth, about 3 minutes.
3. Use buttercream immediately or cover and refrigerate. If refrigerated, bring to room temperature and beat on low speed until smooth before using.
4. Transfer buttercream to a piping bag fitted with a medium plain round pastry tip.



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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.



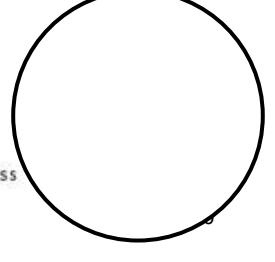
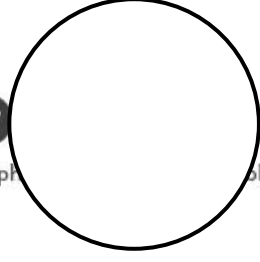
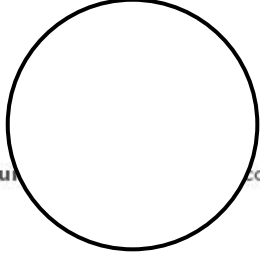
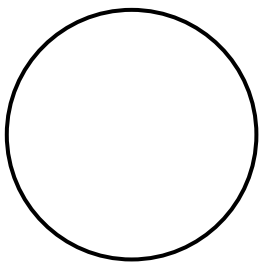
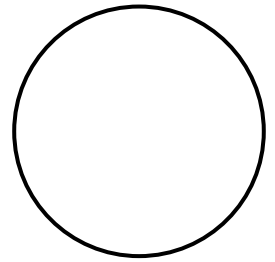
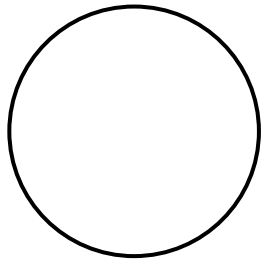
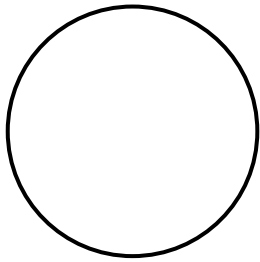
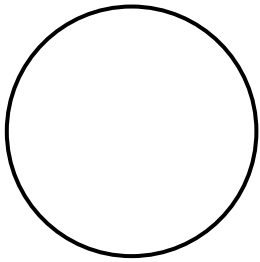
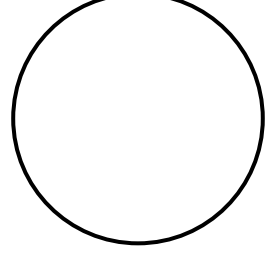
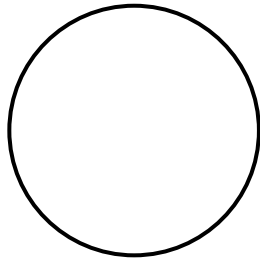
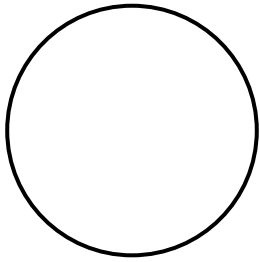
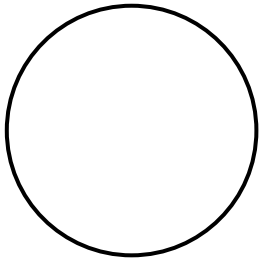
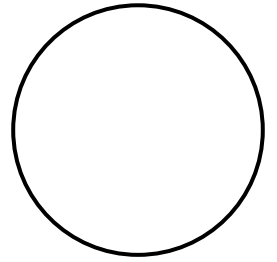
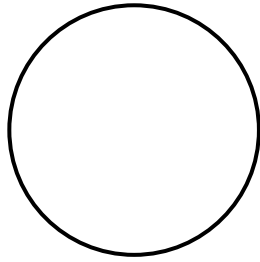
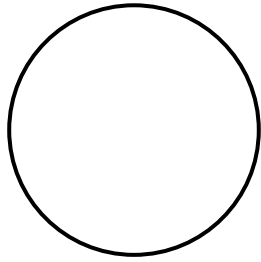
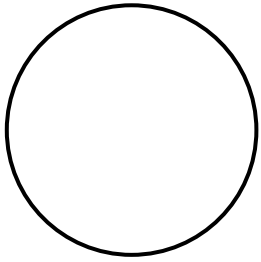
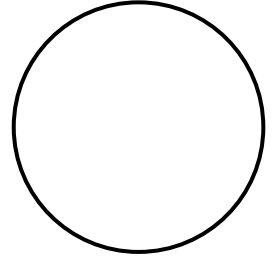
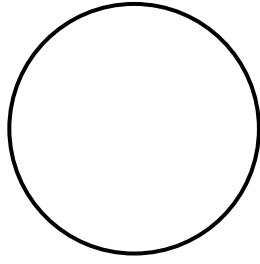
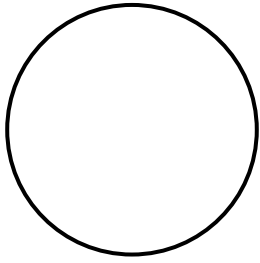
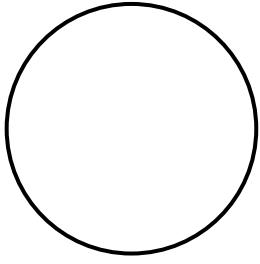
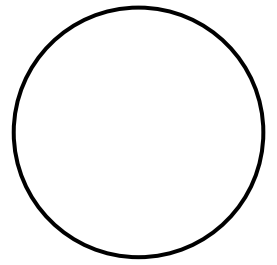
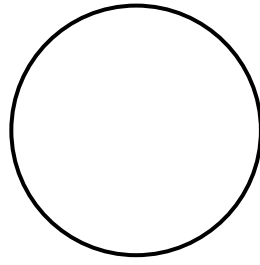
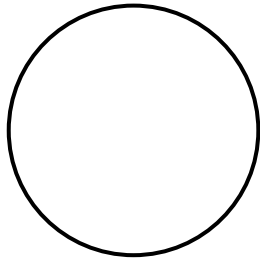
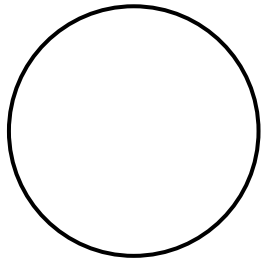
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MACARON TIPS

- 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.



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