

MACARONS

FOR 15 MACARONS

CHOCOLATE OU RASPBERRY

Macarons are a staple of French pastry, renowned for their delicacy and elegance.

They consist of light, slightly crisp shells filled with a smooth chocolate ganache or a fruity raspberry cream. A subtle combination of textures and flavors that makes this treat both refined and irresistible.



INGREDIENTS

Chocolate shells

50g almond flour
10g cocoa powder
60g powdered sugar

Raspberry shells

60g almond flour
60g powdered sugar
A pinch of food coloring

French meringue

45g egg whites
36g sugar

Chocolate ganache

90g 70% dark chocolate
90g cream

Raspberry ganache

90g raspberries
15g sugar
2g NH pectin
18g almond flour



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METHOD

1 Chocolate ganache

- Melt the chocolate in a bain-marie.
- Heat the cream.
- Once it starts to boil, pour it over the chocolate.
- Mix with a spatula, then cover with plastic wrap touching the surface and refrigerate.

2 Raspberry ganache

- Heat the raspberries until boiling.
- Add the sugar and pectin mixture and stir for 30 seconds.
- Remove from heat, add almond powder, and mix.
- Cover and refrigerate.

3 Shells

- Sift the almond flour and powdered sugar mixture to obtain a fine texture.

4 French meringue

- Start beating the egg whites.
- When they begin to foam, add one-third of the sugar.
- When they turn white, add another third.
- When stiff peaks form, add the remaining sugar.
- Continue beating until a “bird’s beak” forms on the whisk. (The meringue should not be too stiff, or it will be harder to work with.)

5 Macaronage

- Add one-third of the meringue and mix vigorously to loosen the batter.
- Add another third and mix, scraping the center of the bowl well.
- Add the remaining meringue and mix.
- Perform the macaronage: press the batter against the side of the bowl 2–3 times, then check the texture. The batter should flow like a ribbon and slowly blend back in (8–10 seconds). If it is still too thick, continue gently, avoiding overmixing into a runny batter.

6 Piping and baking

- Transfer the batter into a piping bag and pipe 3 cm rounds.
- Tap the underside of the tray to release air bubbles.
- Let rest for 30 minutes to form a skin.
- Bake for 15 minutes.

7 Assembly

- Take the ganaches out, soften them with a spatula if needed, and place in piping bags.
- Pipe filling onto one shell and close the macaron with a slight twist.
- Let mature in the fridge for at least 24 hours.