

# 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

135g 70% dark chocolate  
135g cream

### Raspberry ganache

180g raspberries  
30g sugar  
4g NH pectin  
36g 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.