

Super Light Macarons

Ingredients

120g ground almonds
250g icing sugar
4 egg whites
Pinch of cream of tartar
55g caster sugar
Raspberry jam for the filling

Method

1. Using a sieve, sift the ground almonds and icing sugar into a mixing bowl to make them extra light and airy.
2. Put the egg whites into the mixing bowl of a stand mixer with a pinch of cream of tartar and whisk until soft peaks form.
3. When the whites are whipped to soft peaks, pour in the caster sugar while continuing to whisk until stiff peaks form. This is when the little mountain has a very sharp point with no flopping over.
4. Turn off the whisk and remove the bowl then carefully fold in the sifted almonds and icing sugar mixture with a spatula. The idea is to mix everything together but without knocking any of the air out of the egg whites. Be gentle and don't over mix it but make sure there aren't any streaks in the mixture.
5. Transfer the mixture to a piping bag fitted with a 1cm round nozzle.
6. Line a baking tray with baking paper or a silicone liner and pipe small round circles (about 4cm wide) in neat lines (about 2cm apart).
7. Leave the tray to sit out for at least 10 minutes to dry out. Heat your oven to 160 C/140 C fan/gas mark 3.
8. Put the tray of macarons into the oven and bake for 10 to 12 minutes, until they are just beginning to turn lightly golden at the edges.
9. Remove the tray from the oven and leave the macarons on the tray to cool.
10. Once cool, carefully peel the macarons off the paper and spread half of them with raspberry jam and stick the other half on top to make a tiny jam sandwich.



You will need

Sieve
Mixing bowl
Whisk
Piping bag with 1cm round nozzle
Lined baking tray
Mixer (optional)

Remember!

Grown-ups like you to ask for help when using hot, sharp or heavy stuff in the kitchen.

Matilda
and the
Ramsay bunch