

EDIBLE PAINT

Recipe For
October 2017

SPLATTER PAINTED FRENCH MACARONS

PREP TIME: 30-45 MINUTES
COOK TIME: 9-12 MINUTES
YIELD: 24 SERVINGS

INGREDIENTS

212 grams almond flour	236 grams granulated sugar, plus a pinch
212 grams confectioners' sugar	158 grams water
82 and 90 grams egg whites, divided (one egg white is about 30 grams)	

DIRECTIONS

Special Equipment:

Kitchen Scale
Candy Thermometer
Piping Bags
Extra Large Round Piping Tip
Parchment Paper

Line baking sheets with parchment paper. Tip: for more uniform circles, use a cookie cutter or other circular object about the size of a 50 cent piece to trace out circles on the paper.

Sift the almond flour and confectioners' sugar into a large bowl. Make a well in the center of the dry ingredients and pour in 82 grams of egg whites. Use a spatula to blend into the dry ingredients until evenly combined with a paste-like consistency.

In a small saucepan on medium-high heat, heat the sugar and water. Stir continuously until the temperature is around 200 ° F on a candy thermometer.

Keeping the sugar water mixture on the heat, combine the remaining 90 grams of egg whites with a pinch of sugar into a stand mixer bowl. Beat on medium-low speed until foamy soft peaks form. Heat the sugar water mixture to 248 ° F. If soft peaks happen before the syrup reaches 248 ° F temperature, reduce the speed to low to keep the whites moving.

Once the syrup reaches 248 ° F, immediately remove from heat. Increase the mixer speed to medium and pour the syrup down the side of the bowl in a slow drizzle until fully incorporated. Increase the mixer speed to high and whip the meringue until stiff, glossy peaks form, about 8 minutes.

Use a spatula to gently fold one third of the meringue mixture into the almond mixture. In three more additions, gently fold in the remaining meringue. You may not need all of the meringue, so add it gradually. The perfect consistency will be smooth and run off the spatula in thick ribbons.

Add the batter to a pastry bag fitted with an extra large round piping tip. Hold the bag perpendicular to the baking sheet about ½-inch above the surface of the pan. Steadily pipe rounds about 1¼- to 1½-inches in diameter into the circles you traced.

Hit the sheets on the counter 4-5 times in order to reduce bubbles. This creates quite a lot of noise but it is worth it not to have holes in your macarons. Set the sheets aside to settle for about 20 mins until a film begins to form around the outside.

Preheat the oven to 350 ° F and place a rack in the middle. Transfer the baking sheet to the oven and immediately reduce the temperature to 325 ° F. Bake for 9-12 minutes, until the tops are smooth and set and "feet" have formed around the bottom. A note on the feet: They are very challenging to get. There are a myriad of reasons why you can't get feet: your batter is too dry, too wet, didn't allow them to rest enough, the oven was too hot, too cold etc. You might need to try again if the "feet" do not form.

...Continued on the back.



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DIRECTIONS (CONTINUED)

Let the shells cool for 5-10 minutes on the baking sheet and then peel away from the parchment. They should come away easily using your hands and fully intact. Transfer to a cooling rack.

Once shells are cooled, fill them with your favorite filling.

To paint the macarons you will need:

Gel Food Coloring (the best and brightest colors on the market)

Almond extract or vodka

Food Safe Paintbrushes

Protect your surface with a garbage bag or large sheet of paper. Wear old clothes you don't mind getting stained. Doing this outside is ideal.

To make your 'paint', mix a pea sized amount of gel coloring with a teaspoon of vodka or extract. The liquid should evaporate and not affect the final flavor of your macarons. Careful, as this will stain your hands and could stain the bowls use.

"Splatter" the paint on your macarons by dabbing your brush in the gel coloring mixture, holding the brush between your thumb and middle finger and tapping the brush with your second finger. You can vary the vigor of your taps to create different sized splatters.



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