



## Traditional Macarons

This classic macaron recipe can be prepared all at once, but for the best texture should be made over three days. Giving the egg whites a day to age in advance will allow them to be whisked easily to a greater volume. Letting the batter rest for a day gives it time to dry out and develop a crust. This recipe makes about 24 cookies. They are great fresh out of the oven, and can be stored for a couple of days in airtight container.\*

### Ingredients:

1 cup blanched almond flour , roasted in the oven at 350°F until just golden, about 7-10 minutes

3/4 cup + 3 tablespoons granulated sugar

1/2 cup egg whites (approximately 3-4 eggs, depending on the size ), preferably aged overnight in a covered bowl in the refrigerator

pinch of salt

powdered sugar for dusting

In a food processor, mix the almond flour, 3/4 cup of sugar and half (i.e., 1/4 cup) of egg whites, until it reaches a smooth paste consistency. Transfer to a large bowl.

In a medium sized bowl, slowly beat the remaining egg whites (i.e., 1/4 cup) and a pinch of salt until slightly foamy. To this add 1 tablespoon of sugar and beat until more bubbles have developed. Add the remaining 2 tablespoons of sugar, and beat quickly for a couple of minutes until the whites are firm and stand in stiff peaks on the beater.

To the almond batter, add half of the whipped egg whites and very gently fold the two mixtures together. Add the rest of the egg whites, and fold it in gently and briefly, just until thoroughly mixed.

Line a cookie sheet with parchment paper. Using a pastry bag or a small ice-cream scoop, pipe or spoon the batter onto the baking tray into 1 1/2 inch rounds, spacing them about 2 inches apart. Dust the macarons with a little bit of powdered sugar. If time allows, let the macarons rest uncovered at room temperature over night, or for at least 30 minutes.

Preheat the oven at 350°F. Bake the macarons for about 15 minutes, until the top has crisped and lightly browned, and the inside is moist and tender. Let the macarons cool and remove them from the parchment paper with a spatula.

Enjoy!

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\* Many thanks to Agnès Penot-Lejeune for her help developing this recipe.