Serves: approx. 6-8

Préparation & cooking: 60mins+

**Ingrédients for the macarons**

300g Almond meal

300g Icing Sugar

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110g Egg Whites

Plus desired colour

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300g Sugar

75ml Water

110g Egg Whites

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**Methode**

Preheat oven to 140C

Prepare a baking tray with baking paper.

In a bowl combine the icing sugar and almond meal and process in food processor.

Place 110g egg whites into bowl and add colour as desired.

Place 150gms of egg whites in a mixing bowl.

Start cooking the sugar and water together until it reaches 118c on a thermometer.

Meanwhile start beating the egg whites til they are stiff when the sugar has reached 118c turn the egg down a little then slowly pour the cooked sugar syrup onto the egg whites, continue beating until the egg whites look brilliant and have cooled in the mixing bowl.

Incorporate the coloured egg whites into the dry ingredients. Using a spatula add the wet ingredients to the dry ingredients and gently incorporate by folding gently the preparation onto itself and taking all of the air out, the batter should be shiny and form a Ribbon when pouring off the spatula.

Using a piping bag and nozzle size 10 put the macaron mix into the bag and pipe onto a prepare tray the macarons should ideally be 3cms wide. Pipe in alternate rows and leave the macarons to “crust up” at room temp. (Depending on the place and season this could take anywhere from 15 mins to and an hour. Or maybe never!)

Then cook them between 10 and 20 mins (depending on your oven ) half way through the cooking process open the oven door for a few seconds and close again to allow hot air to escape.

The macarons are cook when they no longer stick to the baking paper.

Garnish as desired.

**Note: -** Low GI Icing Sugar CANNOT be used as a replacement in this recipe.

**Macaron Fillings**

**Raspberry Marmalade – Red/Pink macarons**

300g raspberries

80g sugar

50ml water

25g pectin

**Methode to make Raspberry Marmelade**

Combine the water and sugar in saucepan and dissolve the sugar on a low heat, then add the raspberries and cook for 3 minutes. Add the pectin, mix well and then reserve in the fridge.

**Savoury macaron Salmon and philly –Black macarons**

250g Smoked salmon

125g Philadelphia cream cheese, small cubes

25ml Cream

Pepper, to taste

Poppy seeds garnish for macarons

Black colourant

**Method**

In a bowl place the cream cheese and cream and soften with a spoon or hand beater, season with pepper, set as side.

Cut the smoked salmon into uniform sizes and set aside.

Place the cream mix in a piping bag with an 8mm nozzle. Garnish one side of the macarons, place a slice of salmon on the mix and place top macaron on the salmon and repeat until finished.

**Green Anise Cream – Pale Green macarons**

250ml milk

3 yolks

60g Sugar

20g custard powder or cornflour (for gluten free)

40g butter

3 tsps green anise seeds

1 nip of pastis or an aniseed liqueur

**Method**

In a saucepan put the milk and the anise seeds, place on heat bring to the boil.

In a bowl add the egg yolks, sugar and start mixing once the yolks have become pale, add the custard powder or cornflour and combine. Pour the heated milk over the eggs and mix together with a whisk. Using a sieve pour the custard mix back into the saucepan and heat on a slow heat until just boiling and thicken like custard.

Take of the heat and let cool for approx. 5 or until the heat has started cool significantly add the butter to the cream and combine add a nip of alcohol whisk in and then place in fridge to cool completely.

**Rum and raisin filling – Plain macarons dusted with cocoa powder**

**Simple Buttercream**

Icing sugar : 125 g

Unsalted butter : 65 g

Bacardi superior rum : 10 ml

**Raisins**

Raisin(s) : 100 g

Bacardi superior rum : 100 ml

Caster sugar : 20 g

Ground cinnamon : 1 Tsp

**Methode to make Rum and Raisin filling**

**For the buttercream:**

Bring the butter to room temperature. Sieve the icing sugar and beat in with butter. Then add the rum and mix through the butter cream.

**For the raisins**

Place the raisins, rum, cinnamon and the caster sugar in a saucepan. Place the pan onto the heat and bring to the boil. Once boiling, reduce the heat and cook gently until all of the liquid has evaporated and been absorbed by the raisins.