



Nut Free Macarons Recipe

Makes 10

Ingredients

- 2 large egg whites
- 4 tablespoons of granulated sugar, plus ½ teaspoon
- 65g of plain flour
- 55g icing sugar
- ½ teaspoon vanilla extract
- Gel food colouring (this is optional, but we love a vibrant macaron)
- Buttercream or frosting of your choice

Instructions

- In a clean bowl, beat the egg whites until frothy.
- Slowly add the granulated sugar while beating until stiff peaks form.
- In a separate bowl, mix the flour and icing sugar together and then sift into the egg white mixture.
- Add the vanilla extract and food colouring if using and mix until combined.
- Gently fold the ingredients together until combined.
- Transfer the batter to a piping bag with a round nozzle on.

- Pipe even round discs onto a baking sheet lined with parchment paper and then gently tap the baking sheet on a flat surface 2 or 3 times to release the air bubbles in the batter.
- Leave the macarons to sit for at least 45 mins at room temperature before baking, this helps them create a crispy outside when baking.
- Preheat the oven to 140C and bake the macarons 17-20 mins.
- Allow the macarons to cool for 10 minutes before transferring them to a cooling rack.
- Once fully cooled, place a dollop of your buttercream or frosting on one macaron and then place another macaron on top to create a sandwich. Repeat this step with the rest of the macarons.

Top Tips

- Make sure the bowl you use to whip the egg whites is clean and grease free, otherwise you'll find the whites don't form as well.
- When piping the batter, don't move the piping bag in small circular motions instead hold the piping bag still with the piping nozzle about 1 cm from the baking sheet and squeeze the batter out until you have the desired size. If you find the piping bag has left a small peak, damp your finger with water and apply very light pressure to the peak to flatten it.
- Don't over mix the ingredients when you add the flour, if you over mix you will activate the gluten in the flour and your macarons will be very chewy.
- When introducing different flavours to your macarons, the flavour can be fairly subtle when first baked, we advise to leave them in the fridge overnight and the flavour will develop and be much stronger the next day.
- Why not get creative with your design and flavours! Once you have the basic recipe down let your imagination run wild.