

MAKE YOUR OWN: GREEN HEART MACARONS

Make these beautiful green heart macarons to share at your WI meeting!

This project project was created by Kelly Mauger, Denman Cookery School

YOU'LL NEED...

For the macaron shells

115g icing sugar

85g ground almonds

80g egg whites (approx 2 large egg whites)

50g caster sugar

Green gel food colouring (Wilton - Leaf Green and Kelly Green)

For the chocolate ganache filling

100g double cream

100g dark chocolate (50% cocoa solids)

Equipment

1 food processor	1 pair of scissors
1 electric hand beater	1 8mm nozzle
3 bowls	1 dough scarper/palate knife
1 saucepan	2 baking trays
1 fine sieve	Baking parchment
2 spatulas	Heart macaron template
2 disposable piping bags	Cocktail sticks

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INSTRUCTIONS



Step 1: Prepare 2 baking trays with baking parchment.

Step 2: Whizz the icing sugar and ground almonds in a food processor to a very fine mixture, (2-3 minutes) then sift into a bowl and omit any husky bits which remain in the sieve – no more than 1g worth. (If you don't have a food processor, pass the almonds and icing sugar through a sieve 3 times).



Step 3: In a separate bowl, whisk the egg whites to soft peaks, then gradually whisk in the caster sugar until thick, glossy and at the stiff peak stage.



Step 4: Add green gel food colouring using a cocktail stick and lightly fold into the meringue mixture. Don't be scared to go vibrant with the colour!

Step 5: Using a spatula, fold half of the almond and icing sugar mixture into the meringue until fully incorporated.

Step 6: Add the remaining half of the almond and icing sugar mixture and fold until the meringue is fully incorporated. Take this opportunity to scrape the inside of the bowl, at this stage the mixture will still look aerated and a little lumpy, however, carefully continue to fold the mixture until it becomes smooth and shiny with a thick, ribbon-like consistency as it falls from the spatula. Take your time doing this, it should take around 5 minutes.

To test if the mixture is ready, it should fall from the spatula and fade back into the mixture within 30 seconds. If it doesn't, fold it a few more times, but be careful not to over mix it.



Step 7: Prepare the disposable piping bag by placing the 8mm plain nozzle into it and snipping the end with scissors. Twist the piping bag several times above the nozzle to prevent any mixture shooting out before you are ready.

Step 8: Spoon the mixture into the piping bag, then lay it down onto a work surface. Ensuring that the twist is still in the bottom, release any air bubbles by gently rocking your hand over the mixture, up the bag. Once you are happy, use a dough scraper or palate knife and scrape the mixture back down the bag.



Step 9: Prepare 2 baking trays with baking parchment and place the heart macaron template under the parchment to aid with piping the macaron mixture into the heart shapes. The easiest way to do this is to pipe two larger blobs of mixture at the top, followed by one smaller one in between the two blobs beneath. Allow the macaron mixture to spread slightly.

Step 10: Once you have finished piping, remove the template, then give the baking sheets a sharp tap on the work surface to pop any bubbles in the mixture.

If there are still some air bubbles, use a cocktail stick to break them and negotiate the mixture over the hole. Also use the cocktail stick to manipulate the piped shells into more of a heart shape if necessary. Do not spend more than 5 minutes doing this however as you can leave prick marks behind once the shells start to set.

Step 11: Leave to stand at room temperature for 30-60 minutes to allow the shells to form a skin that is no longer sticky. To test, you should be able to touch them lightly without any mixture sticking to your finger.



Step 12: Preheat the oven to 140°C fan/160°C conventional oven/325°F/gas mark 3.

Step 13: Bake for 12 minutes, rotate the baking trays in the oven and cook for a further 3-4 minutes. After this, test that the macaron shells are cooked. To do this, lightly grasp the shell with your fingers and wiggle. If the shell moves and the macaron still seems a little wet, return for another 2-3 minutes. If the shell doesn't move and the macarons stand firm, whereby the baking parchment moves, the macaron shell is cooked. Remove from the oven and leave to cool completely.



Step 14: Break up the chocolate and place in a bowl. Heat the cream in a saucepan and bring to a simmer. Pour the cream over the chocolate and leave to stand for 30 seconds.

Step 15: Stir the mixture until the chocolate is completely melted and the ganache is smooth and glossy. If it is still slightly lumpy pass through a sieve. Allow to cool until mixture has firmed up (preferably overnight). Put ganache into a piping bag (no nozzle required) and snip the end using scissors.



Step 16: Gently peel the macaron shells from the parchment and marry them together, filled with chocolate ganache.

Step 17: Once filled, leave in the fridge overnight to soften up slightly and store in fridge. Consume within 1 week.

