



# Valentine Macarons & Recipe

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**With Valentine's Day just around the bend, try creating these special bites of love as your inspiration. In just a few steps, you can easily make these heart-shaped, fluffy treats.**

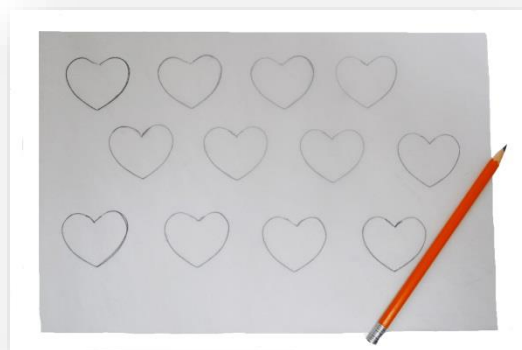
## Tool List

- A heart cutter
- Sharp pencil or thin marker
- Macaron mixture ingredients
- Spectrum red food colour paste
- Silicone paper
- Tip #10
- Tip #12
- Disposable 12" piping bags
- Your favourite filling (chocolate ganache, buttercream, etc)

## Creating Brightly Coloured Heart-Shaped Macarons

### STEP 1

Make a heart-shaped template by outlining the heart cutter in a pencil or thin marker.



### STEP 2

Whip up a batch of macaron mixture and add Spectrum red food colour paste for your desired hue. For this project, we used 4 drops of the food colouring.

Place a sheet of silicone paper on top of the heart shaped template and using tip #12 and a 12" piping bag, pipe out the macaron mixture within the outline of the shape.

Note: Mixture may spread a little, so be mindful of this when piping.

Leave at room temperature for 20 minutes or until a crust is formed.



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### STEP 3

Bake in a regular oven at 325 degrees F for 12 minutes.



Remove from the oven and allow the macarons to cool.

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### STEP 4

Using tip #10 and a 12" piping bag, sandwich the two pieces together with buttercream, chocolate ganache or your favourite filling.



Package and you're ready to go.



## MCCALL'S RECIPE: MACARONS

<u>Ingredients</u>	<u>Cups</u>	<u>Metric</u>	<u>Imperial</u>
Blanched Almond Flour	1 3/4 cup	195 gm	7 oz
Icing Sugar	3 cups	340 gm	12 oz
Egg Whites	1/2 cup	140 gm	5 oz
Fine Sugar	1/4 cup	40 gm	1 1/2 oz
Powdered Egg Whites	2 tbsp	10 gm	1/3 oz
Food Colouring			

### Method:

1. Preheat oven to 325 F.
2. Sift together the almond flour and icing sugar to remove any lumps.
3. Whip egg white until frothy. Add fine sugar and powdered egg white. Whip until stiff.
4. Add a few drops of food colouring to the white mixture according to the colour being made.
5. Gently fold one third of the almond mixture into the whipped egg whites. The mixture should stay streaky. Lightly fold in another third of the almond mixture. Fold in the remaining almond mixture, leaving a few specks of egg whites visible.
6. Pipe the batter with tip # 12, into rows of 1 inch kisses, 1/2 inch apart onto lined baking sheets.
7. Bake for 11 to 14 minutes rotating baking sheets.
8. Allow the macarons to cool completely.

