

Macaron

FOR 1,4 KG OF DOUGH

GLUTEN-FREE

Main elaboration

Macaron meringue	540 g	36,24%
Sosa macaron TPT 46087.....	800 g	53,69%
Egg white.....	150 g	10,07%

For the marzipan: Ideal conditions for the room and ingredients: 19 °C. Fit the food mixer with the paddle. Pour the egg white into the mixer bowl, followed by the TPT. Start mixing it at speed 2-4 for 17 seconds to achieve a uniform mixture. If it is still not fully integrated, finish off mixing it with a spatula or with the paddle at the same speed.

For the macarons: Add half the meringue to the marzipan mixture. Mix it with the paddle at speed 1-2, turning it 10 times to achieve a uniform mixture. Add the rest of the meringue and mix by hand with a spatula until fully blended, using circular and vertical movements.

Piping the mixture: Cover baking trays with baking paper and place metal rings along the sides. Metal trays that transmit heat should be used. Pipe the mixture using a no.10 nozzle. Pipe it when the mixture is freshly made so that it does not become too liquid. Pick up the tray and slam it down so that the mixture levels out and is more slimline in height. Leave to dry until the surface of the macarons is dry. The drying time will depend on the temperature and humidity of the room. It should take a minimum of 40 minutes and maximum of 1 hour.

Baking the macarons: Put the trays in the oven, pre-heated to 160 °C, and bake for 20 minutes, with minimum air and moisture in the oven. Once they are baked, remove the macarons from the trays to halt the cooking process. The aim is to achieve slim, dry, slightly golden macarons with a smooth surface. Inside they should be white, compact and baked. Fill the macarons with the ganache once they are cold and freeze them to ensure a perfect texture.



Macaron meringue

Water	100 g	15,38%
Sugar	400 g	61,54%
Egg white.....	150 g	23,08%

Fit the whisk to the electric mixer and pour the egg white in the mixer bowl. Mix the water with the sugar in a saucepan and heat to 118 °C. With a brush dipped in water, clean the sides of the pan to prevent the syrup from darkening in colour. Start beating the egg white when the syrup has reached 110 °C. Whip at speed 4 for 12 seconds. Then increase the speed to 6 for 25 seconds. The egg white will be frothy but not whipped as far as soft peaks. Increase the speed to the maximum and add the syrup at a temperature of 118 °C in a very fine stream. Reduce the speed to between 6 and 8 for 15 seconds. The meringue will have a liquid appearance. Then lower the speed to 6 and whip until a temperature of 33 to 34 °C is reached. Remove.

