

LEMON MACARON

Yield: 18 to 20 Macarons

Plain Almond Meringue Shell

Yield: 36 to 40 Shells

Ingredients:

133	grams	Almond Powder
160	grams	Powdered Sugar
6	grams	Meringue Powder
50	grams	1 st Egg Whites (Room Temperature)
50	grams	2 nd Egg Whites (Room Temperature)
133	grams	White Sugar
30	grams	Water
		Lemon Yellow Food Coloring

Mise en Place:

- Prepare baking sheets and parchment paper. If using a template, have them out & ready.
- Put the almond powder in a large bowl & sift in the powdered sugar & meringue powder. With a wire whisk, mix until well incorporated.
- Put 2st egg whites in a mixing bowl ready with a wire whisk attachment. (If working in a cold room, I leave this over a pot of warm water to avoid it from getting cold, which will cause your cooked sugar, when poured, to crystalize and harden.)

Procedure:

- Add 1st egg whites into the almond powder mixture.
- Mix until well combined to make the almond paste. Set aside.
- In a small saucepan, place the white sugar and water.
- Add food coloring.
- Clip a candy thermometer to the pan.
- When the temperature reaches 210F, start whipping 2nd egg whites.
- Continue cooking sugar. When it reaches 220F, quickly and steadily pour the syrup down the side of the mixing bowl on medium speed.
 - Rest the lip of the saucepan on the side of the bowl letting the syrup flow on the side so as it does not hit the wire whisk and spatter.
- Continue whisking until stiff peaks form and the meringue is lukewarm and glossy.
 - Do not overwhip the meringue or the feet of the macarons may not form properly.

- Spoon the meringue into the bowl of the almond paste.
 - With a rubber spatula, fold in the meringue into the almond paste until well incorporated. This process is called *macaronnage*.
 - To test for the right viscosity, use the spatula to lift some of the mixture above the bowl, the mixture falls right back into the bowl in one continuous drip.
- Scoop up the batter and place in prepared piping bag with a round tip (#11 or #12).
- Squeeze the batter into the bag until the tip of the piping bag. There should not be any air bubbles in the batter.
- Twist the end the bag tightly to avoid the batter to squirt out.
- To pipe, position the baking tray and hold the piping bag vertically. Gently pipe out an inch and a half diameter shells.
- When you have filled up the pan, flatten the batter by lightly tapping the pan on the work surface covered with a kitchen towel.
- Continue this process till you use up all the batter.
- Allow the shells to dry for about 30 minutes to an hour or until the skin forms on the surface.
 - The batter should not feel sticky when touched. The shell should look matte, not glossy.
- Start preheating your oven to 350F.
- When the skin has formed and the oven has reached the right temperature, start baking the first tray.
- Once the tray is inside, lower the temperature to 325F.
- Set timer to 5 minutes.
- When it reaches 5 minutes, open the oven to steam and rotate the pan inside.
- Set the timer for another 4 to 5 minutes. Be watchful, the color of the macaron should not change.
- When done, slide the baking parchment onto the work surface or onto another baking tray to stop cooking.
- Carefully peel of the shells from the parchment one by one by hand. Lay them flat side up. They are ready to be filled.
- These may be stores in an airtight container for 48 hours before assemblage.

Lemon Curd

Yield:

Ingredients:

215	grams	Egg Yolk
150	grams	White Granulated Sugar
170	grams	Butter
65	ml	Lemon Juice
2	2 tsp	Lemon Zest (2 pcs)

Mise en Place:

- Separate the yolks from the white. Set aside.
- Zest lemon.
- Juice lemon.
- In a saucepan, heat water in medium heat, this will be used as a double boiler to cook the curd.

Procedure:

- In a mixing bowl, put sugar and egg yolk.
- With a whisk attachment, beat until light yellow in color and fluffy.
- Add butter, lemon juice & zest.
- Put the mixing bowl on top of the saucepan and cook until thickened between 5 to 10 minutes. Use a whisk.

Assemblage:

- Fill a piping bag with the curd.
- Hold the piping bag half an inch above the flat side of the shell vertically.
- Pipe a mound of curd onto each shell, making sure you leave a bit of space on the edge.
- Cover each filled shell with another shell pressing it down with a slight twist motion to sandwich them together securely.
- Store them in an airtight container in the refrigerator for up to 3 days.
- Freeze up to 3 weeks.
- Macarons are best eaten a day after you make them.