



Macaroons

These colourful macaroons will give a Parisian twist to your tea party. Try this simple recipe to really wow your guests!

Ingredients

makes 18 to 24 (sandwiched together)

125g icing sugar
125g ground almonds
40g egg whites
2 tbsp water
110g caster sugar
50g egg white
159ml double or whipped cream
Food colouring (optional)



Method

1. Preheat the oven to 170 °C (325F) Gas 5 and line a baking tray with baking paper.
2. Add icing sugar, ground almonds and 40g egg whites to a mixing bowl and combine to form a paste.
3. Add the caster sugar and two tablespoons of water to a pan and heat gently until the sugar melts. Bring to the boil until the mixture becomes syrupy and thick.
4. Whisk the remaining 50g egg whites until stiff peaks form. Add the syrupy caster sugar to the bowl and whisk until stiff and shiny again (*for coloured macaroons add few drops of food colouring to the mixture now*).
5. Combine this meringue mixture with almond and icing sugar paste until once more stiff and shiny.
5. Spoon into a piping bag and pipe into circles, approx 4cm (1 ½ in) in size. Leave to stand for 30 minutes, then bake the macaroons for 12 to 15 minutes. When done, leave the oven door slightly ajar until the macaroons are firm.