

BAKING THERAPY: IT'S A THING.

*The Only Therapy You Need
For Anything*

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01

INTRODUCTION

Macarons can be made in many unique and different ways ranging from decoration, texture, flavors, and different sizes. They are very delicious but they are definitely NOT the most simplest dessert to make at home! Trust me. There are many different ways on how to make macarons, including different measurements. I have made many mistakes throughout my "macaron making" journey to find the perfect way to make macarons that is simple and easy to understand. You want to learn how to make the perfect macarons? You want to impress your friends, family members, or customers? Then you have picked up the right book! Welcome to your starting journey on how to become a Macaron Pro!

Reminder! If it doesn't go right for you the first time, you missed a step, or plain out frustrated with the result? Guess what, IT IS OK! The first time is NOT always going to be perfect and that is always normal. Normalize it! This book isn't magic but it can help assist and be a guide for a beginner like you to learn the basics on how to make the perfect macarons. All you need is a cup of faith, a teaspoon of trust, and lots of practice and patience. Be mindful that this guidebook is ONLY a guide! There are no limits to creativity! The possibilities are limitless!



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02 GENERAL INGREDIENTS

Important Tips and Notes:

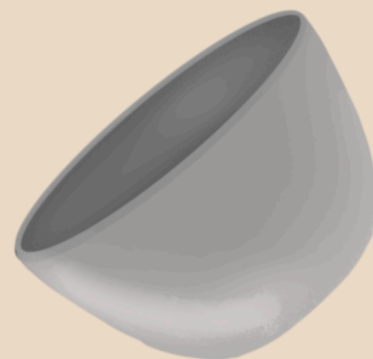
TIP 01. Make sure the eggs are ROOM TEMPERATURE. This is a very crucial step when making macarons. Room temperature eggs whip up better than cold eggs

TIP 02. Adding Cream of Tartar stabilizes the tiny bubbles in the egg whites and therefore, speeds up the egg white whipping process, creating a stable and glossy meringue mixture for your macarons

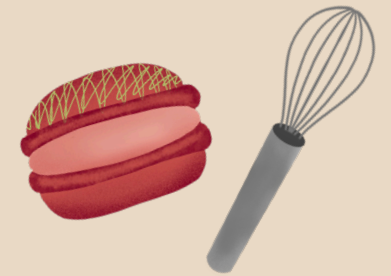
TIP 03. Only GEL food coloring will work. If using liquid food coloring, there are risks of the meringue batter losing its shape

When making the basic macaron shells, it only takes 4 simple ingredients:

3 egg whites
1 1/2 cup of Almond flour
1 cup of Powdered sugar
1/4 cup of White granulated sugar
Optional:
1/4 teaspoon of cream of tartar
Any Food coloring
Any Flavored extract



Before you get started, it is very helpful and strongly suggested that you have everything within reach because macaron making can be at a fast pace! Macaron making is definitely a "Trust the Process". Here are a few items and tools you will need to make the perfect macaron batch



Glass or Metal bowls

Plastic bowls can retain grease and residue from previous mixtures, which can prevent your egg whites from being the correct whipped texture

At least for making the meringue mixture, for an easy way and to avoid cramping in your wrist and hand, I recommend a stand mixer and let the mixer do its thing! A handheld mixer is also good to use but it requires a lot of strength and muscle

Electric mixer (handheld or standing)

Spatula

Rubber spatulas work best due to its flexibility

Both types have no difference! They both have the same effect and give the same result. As for piping tips, depending on the size of your desired macarons, the general size recommended should be a medium sized rounded tips

Piping tip and bags

Baking sheet or Liner Paper

Silicone baking sheets are super helpful, non sticky, and reusable. However, they can be pricey. Parchment paper is also a very handy substitute for a silicone baking sheet and affordable as well!

To achieve a nice and smooth finish to the touch on your macaron shells, sifting your dry ingredients together to leave the big and unnecessary clumps behind will be very ideal

Fine sifter



03 IMPORTANT UTENSILS

MACARON

04 SHELLS



Now let's begin!

First, let's make the macaron shells! This is the most time consuming part of the whole recipe, then after that, it is a breeze.

Instructions

- 01.** Sift both the powdered sugar and almond flour together into a glass or stainless steel bowl
- 02.** In another glass or stainless steel, add your room temperature egg whites
- 03.** Using an electric or handheld mixer, whip up your egg whites. Once they begin to foam, you can optionally add the cream of tartar and gradually and SLOWLY add the granulated sugar
- 04.** Add Gel food coloring (if desired) and your 1 teaspoon of any flavored extract
- 05.** Gradually add 1/3 of



your dry ingredients to the egg whites and fold your ingredients gently. Fold in a circle motion then cut straight down the middle and rotate. Repeat 5 times

06. Spoon into a piping bag with a medium round piping tip and Pipe one inch dollops onto a baking sheet lined with parchment paper (this should be glued down with dabs of batter) or onto your silicone baking sheet. Tap on the counter several times to release air bubbles. Allow to sit for about 40 minutes before placing in the oven.

07. Bake at 300F for 12-15 minutes, rotate the tray after 7 minutes. Allow to cool completely before removing from the baking sheet.

TIP 01. If there are sugar or flour bumps left behind in the sifter, use a spoon or clean fingers to press the leftover contents through the sifter but do not force it through the sifter

TIP 02.

TIP 03.

ips &
ricks

TIP 04. For separating egg yolks from the egg whites, place the egg on your hand and shake your hand with very little motion for the egg whites to fall through, leaving the yellow yolk behind

TIP 05. Save your egg yolks by freezing them or place them in a container filled with salt to cure for future recipes

TIP 07. While your macarons are in the oven, this would be the perfect time to start your macaron fillings to save time

Now that you have learned the basics of making your macaron shells, It is time to fill them with delectable flavored fillings! There is a wide range of how you can fill and personalize your macaroons.

GANACHE FILLING

What is Ganache?

A mixture of chocolate and cream, that is heated together and stirred to create an emulsion. The cream keeps the mixture soft at room temperature, making it versatile for many desserts. Ganache can be used as a base for truffles or other candies, a frosting for cakes or filling for cake layers, or as a pourable glaze atop cakes or pastries.

What kind of chocolate should you use for making Ganache?

Different kinds of chocolate can be used in making ganaches such as:

- Milk chocolate
- Dark chocolate
- White chocolate

WARNING!

- Careful not to overheat it, because if the ganache gets too runny, it needs to go back in the fridge or sit for a while at room temperature to get thicker.
- If you re-heat the chocolate too much, it will separate and become grainy.

There are 2 ways: ganache fillings or buttercream fillings. If you want to impress your friends, family members, or even yourself, then you can combine both into one macaron! There is nothing stopping you!

BUTTERCREAM FILLING

What is Buttercream?

Buttercream is a sweet and fluffy frosting made by creaming butter and sugar. Vanilla is the most common flavor but there are a variety of fruit flavored buttercreams. Buttercream is used for frosting cakes, cupcakes, and decorative purposes.

What consistency should buttercream have?

Buttercream can have three different consistencies: thin, stiff, or too thick or too thin. Thin buttercream is good for writing messages, painting, and frosting a thin layer. Stiff buttercream is good for piping flowers and intricate designs. If buttercream is too thick, you can add room temperature milk, 1 teaspoon at a time. If buttercream is too thin, you can add more powdered sugar, a quarter of a cup at a time.

WARNING!

Careful not to add too much liquid as it will be at risk turning into a soupy and warm consistency.

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FLAVORS AND FILLINGS



GANACHE:

Dark/Milk Chocolate Ganache

3/4 cup dark or milk chocolate chips
1/4 cup heavy (whipping) cream

Instructions:

01. Put both ingredients in a glass or stainless steel bowl.
02. Microwave in 30 second increments.
03. Stir after each 30 seconds to prevent burning until it is completely melted.
04. Place in fridge for faster cooling time.



White Chocolate Ganache

3/4 cup white chocolate chips
1/4 cup heavy (whipping) cream

Instructions:

01. Put both ingredients in a glass or stainless steel bowl.
02. Microwave in 30 second increments.
03. Stir after each 30 seconds to prevent burning until it is completely melted.
04. Place in fridge for faster cooling time.



Matcha ganache

3/4 cup white chocolate chips
1/4 cup heavy (whipping) cream
3/4 teaspoon matcha powder



Here are a few different and simple ganaches you can make with your macaron flavor of choice:

Instructions:

01. Add the white chocolate in a glass or stainless steel bowl.
02. Add one tablespoon of heavy cream to the matcha and mix with a spoon or fork until a paste is formed.
03. Slowly add the rest of the heavy cream while stirring to combine. This will prevent any lumps from forming.
04. Heat the heavy cream and matcha together in a small saucepan until it almost comes to a boil.
05. Remove from the heat and pour over the white chocolate. If you notice the heavy cream and matcha mixture is lumpy, you can pour it through a sieve.
06. After pouring the heavy cream over the chocolate, cover the bowl with a plate or a towel and let it sit for 1 minute.
07. Next, stir the white chocolate and hot heavy cream together until the chocolate has melted entirely.

BUTTERCREAM

Strawberry Buttercream Filling

1 teaspoon of milk
3/4 cup powdered sugar
1/2 teaspoon vanilla extract
1/3 cup blended freeze dried strawberries
1/4 cup of room temperature unsalted butter

Salted caramel buttercream filling

3/4 cup powdered sugar
1/2 teaspoon vanilla extract
1/4 cup pre made caramel sauce
10 tbsp room temperature unsalted butter

Chocolate buttercream filling

Pinch of salt
1 teaspoon of milk
1/4 cup cocoa powder
3/4 cup powdered sugar
1/2 teaspoon vanilla extract
1/4 cup of room temperature unsalted butter

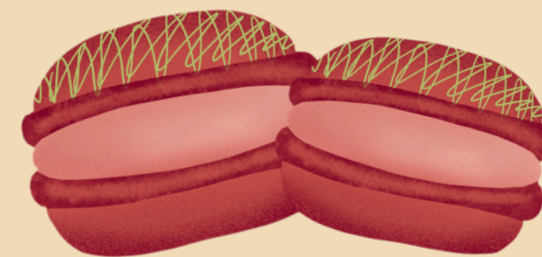
Here are a few different and simple buttercream fillings you can make with your macaron flavor of choice:

General Ingredients:

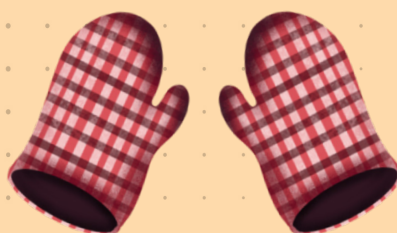
1 teaspoon of milk
3/4 cup powdered sugar
1/2 teaspoon vanilla extract
1/4 cup of room temperature unsalted butter

General Instructions:

01. Using a hand mixer or a stand mixer, cream butter until soft and smooth.
02. Add dry contents such as powdered sugar, flavored powder, then wet contents such as milk, and vanilla and mix until light and fluffy.



Making macarons is an artful and delightful process that begins with precision and ends with a sweet reward. To start, you carefully measure almond flour and powdered sugar, ensuring the perfect balance for the delicate meringue. Whipping egg whites to glossy peaks, you fold them into the dry ingredients, creating a smooth batter. Piping uniform circles onto parchment-lined trays, you tap out air bubbles and let them rest until a thin, glossy skin forms. Then, into the oven they go, emerging with crisp shells and chewy interiors.



But the true joy of making macarons extends beyond the kitchen. It's in the shared experience of crafting these petite treats with loved ones, laughter mingling with the scent of vanilla and almond. It's the anticipation as they cool, and the satisfaction of sandwiching them with ganache or buttercream, each one a miniature masterpiece. And when you finally present a tray of colorful macarons, their vibrant hues and dainty shapes eliciting gasps of delight, you realize that these little confections have the power to brighten even the dreariest of days. Whether enjoyed over tea with friends or gifted as a token of affection, macarons bring a touch of sweetness and joy to every moment they grace.