

WEEK 1 Masterclass: Chef Lei Shang

ROSE MACAROON WITH RASPBERRY LOLLIPOP



Component 1:

Pink macaroon shell (can make about 15-25 small shell) – group of 4 setting

300g icing sugar

300g almond meal

110g egg white

300g sugar

70g water

110g fresh egg white

Sift the icing sugar and almond meal together into a large bowl.

Add **110g fresh egg white** to the dry ingredients and mix into a thick paste. Set aside.

In a saucepan, heat **300g sugar** and **70g water** to **118°C** to make an Italian meringue.

When the syrup reaches **110°C**, start whipping the second **110g egg white** in a stand mixer on medium speed.

Once the syrup reaches **118°C**, pour it slowly into the whipping egg whites and continue mixing until it cools to about **40°C** and forms stiff, glossy peaks.

Fold the meringue into the almond mixture in two additions, gently mixing until the batter flows in thick ribbons.

Pipe small rounds onto a lined baking tray and tap the tray to release air bubbles.

Allow the macaron shells to rest at room temperature for **30-45 minutes** until a skin forms.

Bake at **140°C** for **12-15 minutes**, then cool before filling.

Component 2:

Rose white chocolate ganache – group of 4 setting

220g milk

600g white chocolate

15g rose water

Rose petals

Heat **220g milk** in a saucepan until just simmering.

Pour the hot milk over **600g white chocolate** and let sit for 1-2 minutes.

Stir gently until smooth.

Add **15g rose water** and mix well.

Allow to cool and slightly thicken before using.
Garnish with **rose petals** when assembling the macaron.

Component 3:

Raspberry cremeux – class setting (DEMO ONLY)

625g raspberry puree

175g egg yolk

225g eggs

150g sugar

300g butter

5g gelatine sheets

Bloom **5g gelatine sheets** in cold water.

Whisk together **175g egg yolks, 225g whole eggs, and 150g sugar** in a bowl.

Heat **625g raspberry purée** in a saucepan until warm.

Temper the warm purée into the egg mixture, then return to the heat.

Cook over medium heat, stirring constantly, until the mixture thickens to **85°C**.

Remove from heat and stir in the bloomed gelatine.

Allow to cool to **40°C**, then blend in **300g butter** until smooth.

Chill in the refrigerator before using.

Component 4:

Raspberry gel – group of 4 setting

500g raspberry puree

100g sugar

5 g agar agar

Heat **500g raspberry purée** and **100g sugar** in a saucepan.

Add **5g agar agar** and bring to a boil, stirring constantly.

Simmer for **1 minute**, then pour into a shallow container.

Let it set in the fridge, then blend until smooth.

Transfer to a piping bag for assembly.

Component 5:

Beetroot microwave sponge – class setting but individual cook

600g egg white

160g oil

140g beetroot powder

80g icing sugar

180g flour

4 salt

In a mixing bowl, whisk together **600g egg white, 160g oil, 140g beetroot powder, 80g icing sugar, 180g flour, and 4g salt** until smooth.

Strain the mixture to remove any lumps.

Transfer to a siphon gun, charge with two gas cartridges, and shake well.

Pipe the batter into paper cups and microwave for **30-40 seconds** at full power.

Let the sponge cool upside down before removing from the cups.

Component 6:

Red chocolate coating glaze – class setting (DEMO ONLY)

1000 White chocolate

500 cocoa butter

Melt **1000g white chocolate** and **500g cocoa butter** together over a water bath or microwave.

Stir until fully combined and smooth.

Use warm for coating applications.

Component 7:

Meringue strips – group of 4 setting

100 egg white

200 sugar

Whip **100g egg white** to soft peaks.

Gradually add **200g sugar**, whipping until stiff peaks form.

Pipe thin strips onto a lined baking tray.

Bake at **90°C** for **1-2 hours** until fully dried.