

Recipes

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Part I.

Starters

Part II.

Main

Part III.

Desserts

1. Baking

Everything that goes into the oven...

1. *Baking*

1.1. Macarons

The two meringue based halves are made from almonds, egg white, and sugar. The filling is usually a ganache or buttercream.



Figure 1.1.: Macarons

1.1.1. Ingredients

36g egg white
45g ground almonds
75g powdered sugar
10g sugar

1.1.2. Description

1. Mix the powdered sugar and ground almonds and sift them to get a homogeneous mix without any large chunks.
2. Whisk the egg white. In the end, slowly add the sugar while continuing to whisk.
Optional: add food coloring
3. Fold the almond-sugar mix in: add $\frac{1}{3}$ of the mix to the egg white and carefully

fold it in, add the next third and so on.

4. Fill the mix into a small freeze bag or other plastic back and cut off one corner.
5. Form small (3-4cm diameter) circles on a tray with baking paper.
6. Lightly tap the baking tray from underneath to allow air bubbles trapped in the dough to escape. This leads to a nicer round shape and a more even surface.
7. preheat the oven to 145 deg. Celsius
8. Let the macarons sit a room temperature for 20-30 minutes.
9. Bake for 10-12 minutes