

Pastry chef and macaron expert David Rousseau, founder of Ollia Macarons just off 17th Ave SW, is going to teach us how to make real French macarons! We're going to do it on Sunday at 10am, and he sent this list of ingredients and utensils needed for the class... and a bit of pre-prep and homework!

As David mentions, measuring the ingredients by weight is ideal, and you can find inexpensive digital scales at so many stores - the Superstore, IKEA - but if you don't have one, you can still participate - the volume measurements are approximately:

100 g egg whites = about 8 egg whites

140 g almond flour = about 1 1/2 cups

130 g icing sugar = about 1 cup

90 g granulated sugar = about 1/2 cup

Ingredients (see attached picture):

For the shells

100 grams egg whites at room temperature, preferably aged (separated from yolks, placed in a container 24-48 hours prior to class)

140 g almond flour

130 g icing sugar

90 g granulated sugar

Colouring, preferably gel, but powder or liquid will do too

For the dark chocolate ganache

250 g dark chocolate

260 g whipping cream (35%)

Utensils (see attached picture):

3 bowls

2 trays lined with parchment paper or silicone mats

1 Spatula

1 whisk

2 piping bags with tips (804, 805), 1 large, 1 small, can be replaced with ziploc bags that will be cut in the corner (this will affect the roundness of the shape)

1 scale

1 tart pan to cool down the ganache

1 hand mixer OR 1 kitchen aid mixer

Homework:

The ingredients would preferably be weighted (using a scale) in separate bowls (except icing sugar and almond flour) prior to the class

The almond flour and icing sugar would have been sifted twice together, large grains of almond flour would have been discarded (loss should be around 10 g max if any)



