Desserts / France

Macarons Parisiens

Delicate almond meringue shells sandwiched around a silky ganache or buttercream — notoriously fussy to make, demanding aged egg whites, precise macaronage, and strict oven control for the trademark smooth dome and lacy foot.

Time 210 min **Servings** 4

What you'll need.

- ☐ 5 parts Almond flour (blanched, super-fine)
- ☐ 5 parts Icing sugar (powdered sugar, sifted)
- ☐ 3.75 parts Aged egg whites (room temperature, 24–72 hr)
- ☐ 3.75 parts Caster (superfine) sugar
- ☐ 0.05 parts Cream of tartar
- ☐ 4 parts Dark chocolate (70%), finely chopped
- ☐ 2 parts Heavy cream (for ganache filling)
- ☐ 0.5 parts Unsalted butter (for ganache)

Let's make it.

01 Weigh the almond flour and icing sugar precisely — macaron ratios are unforgiving. Pulse them together in a food processor for 30 seconds to break up any lumps and create an ultra-fine, uniform tant-pour-tant. Pass the mixture through a fine-mesh sieve, discarding any coarse almond pieces that remain. Re-sift if needed — visible almond chunks will dome poorly and crack the surface. The goal is a powder as fine and uniform as commercial cake flour.

02 In a perfectly clean, fat-free bowl, begin whisking the aged egg whites with the cream of tartar at medium speed until foamy. Add the caster sugar in a thin, slow stream once soft peaks form, and continue whisking at medium-high until you reach stiff, glossy peaks. Aged whites (left uncovered in the fridge for 24–72 hours) have lower moisture and whip more stably. Crucially, do not over-whip — the meringue should be smooth and glossy, not dry and clumped. The finished meringue should hold a stiff, straight peak that does not curl.

03 Add all the tant-pour-tant to the stiff meringue at once. Begin the macaronage: using a flexible spatula, fold and press the batter against the side of the bowl in broad sweeping strokes, deflating the meringue deliberately. The goal is to knock out enough air so the batter flows smoothly but retains enough structure to hold piped rounds without spreading flat. Test frequently by lifting the spatula and letting batter fall — when it flows in a thick, slow, continuous ribbon and the ribbon settles back into the batter within 10 seconds, leaving a trace that smooths in 30 seconds, stop folding immediately. Over-folding is the most common failure.

04 Pipe the batter onto parchment- or silpat-lined baking sheets in rounds of about 3.5 cm, holding the piping bag perpendicular to the tray and releasing pressure before lifting. Bang the tray firmly on the counter three or four times to pop any surface bubbles. Leave the piped shells to rest uncovered at room temperature until they are dry and matt to the touch — they should not stick to a finger pressed very lightly. This skin formation is essential for foot development; in humid conditions this can take 45–90 minutes. Bake at 150 C / 300 F (fan-forced) for 13–15 minutes, rotating the tray halfway. Shells are done when they can be gently nudged off the parchment without sticking — they will still feel slightly soft at the top but firm at the base.

05 Bring the cream to a simmer and pour it over the finely chopped chocolate. Wait 60 seconds without stirring, then begin stirring from the center outward in small circles, gradually incorporating the chocolate until fully melted and smooth. Add the softened butter and stir to incorporate. The ganache should be glossy and fluid at this point. Allow to cool at room temperature until it reaches a pipeable consistency — about 1–2 hours, or accelerate by briefly chilling, stirring every 15 minutes.

06 Match shells in pairs by size. Pipe a mound of ganache onto the flat side of one shell — about 1 cm high, leaving a 3 mm border. Press the matching shell on top with a gentle twisting motion until the ganache reaches the edge. The filling should be clearly visible at the sandwiched seam. Refrigerate the assembled macarons for at least 24 hours before serving — this maturation period is non-negotiable: the moisture from the filling migrates into the shell, transforming it from crisp to the signature slight-chewy-outside, soft-inside texture.

Recipe & provenance ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Servings are an estimate; check quantities in the source recipe.
recipes.dvs-services.be / macarons-parisiens