



A Quick Reference Sheet for Making French and Italian Style Macarons

Designed by and for GoodieGodmother.com

The French Method

Shell Ingredients:

70g egg whites
35 g caster sugar (fine granulated sugar)
115 g confectioner's sugar
60 g almond meal
Pinch fine salt

1. Weigh your ingredients
2. Whip your egg whites
3. Mix the egg whites with the almond meal and confectioner's sugar
4. Pipe onto baking sheets and rest 20 minutes
5. Bake one sheet at a time at 300F for 15-17 minutes
6. Cool the shells
7. Fill with your desired filling
8. Rest another 24 hours in the fridge (if you can)
9. Enjoy!

The Italian Method

Shell Ingredients:

110 g egg whites, divided into two 55 g portions
150 g caster sugar
150 g confectioner's sugar
150 g almond meal

- Weigh your ingredients
- Cook your sugar syrup to soft ball stage (234 F)
- Whip half your egg whites and add your syrup slowly
- Mix the egg white mixture with the almond meal, confectioner's sugar, and the unbeaten egg whites
- Pipe onto baking sheets and preheat your oven
- Bake at 300 F for 15-17 minutes
- Cool the shells and fill with your desired filling
- Rest macarons another 24 hours in the fridge
- Enjoy!

Get the full recipe and answers to your macaron questions when you visit the blog at

www.GoodieGodmother.com/how-to-make-macarons