



MONTHLY RECIPE - SEPTEMBER 2017

Shibden's Chocolate Macaroons



Ingredients

110g ground almonds
240g icing sugar
15g cocoa powder
140g egg whites
70g caster sugar

Method

Place the almonds, icing sugar and cocoa in a food processor, and pulse. Do this around 10 times, or until all the ingredients are mixed well together.

Place the egg whites and caster sugar in the bowl of a mixer fitted with a whisk and whisk for 2 minutes at a low speed. Increase to a medium speed for 2 minutes followed by a high speed for 2 minutes. The whisked egg whites should form a clump in the middle of the whisk. Remove the egg whites from the whisk and detach the bowl from the mixer before adding the almonds, icing sugar and cocoa.

Fold the dry ingredients into the whisked egg whites. Fill a piping bag with half the mixture. To pipe the macaroons, hold the piping tip at an angle to the baking tray and pipe circles about 3cm in diameter.

Grab the sides of the baking tray and tap it on a hard surface 3 to 4 times to remove air bubbles. Refill the piping bag and pipe and tap the second tray of macaroons.

Rest the macaroons for 30 minutes before baking, or until the macaroons are not sticky or tacky to touch. While the macaroons are resting preheat the oven to 150c and cook for 15 minutes, then turn the tray around and bake for another 15 minutes.

Remove from oven and leave to cool for 30 minutes before removing from tray.

Fill with chocolate cream, fresh fruit or any sort of puree.

Enjoy!

Darren Parkinson, Head Chef