

# CRUNCH TIME

## Macarons



### INGREDIENTS - MACARON SHELLS:

100g Almond meal  
105g Pure icing sugar  
Drop or two of food colouring  
100g Caster sugar  
80g Egg white  
Pinch of Cream of Tartar  
Pinch of salt

### INGREDIENTS

#### EASY NUTELLA GANACHE:

100g Nutella (or similar chocolate spread)  
100g Cooking cream

#### EQUIPMENT:

Electric mixer with whisk attachment  
2 mixing bowls  
sift  
2 piping bags and round nozzles  
Silicone mat (easiest) or baking paper  
2 Rubber spatulas  
1 Baking tray



## METHOD:

### SHELLS

1. Preheat oven to 140°C.
2. Sift almond meal, icing sugar and cream of tartar together
3. Prepare a meringue with egg whites and sugar until hard peaks form in the mixer.
4. Slowly fold the dry ingredients into the meringue until smooth.
5. Put mix into a piping bag fitted with a round tip.
6. Pipe discs of mix onto a sheet, spacing far enough apart to be able to fit another disc in between each. Recommend doing a typical macaron by piping out discs the size of a 20 cent coin, leaving 2cm between each.
7. Allow a skin to form by letting the tray sit at room temperature for about 30 minutes, or until you can touch the mix and it won't stick to the tip of your finger.
8. Bake at 140°C for about 12 minutes, or until the macaron shell comes off the baking mat without sticking. Allow to cool.

### GANACHE

9. Using a spatula, slowly stir cooking cream into Nutella until a ganache forms.
10. Pipe ganache onto a shell, sandwich another on top.



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