



# OLD FASHIONED MACARONS

## INGREDIENTS

- 100 g (3.5 oz) almond meal
- 200 g (7 oz) granulated white sugar
- 60 g (2.1 oz) egg white

Cookware: 1 wooden spatula, 1 large bowl, a piping bag with a straight tip (1.5cm / ½ inch wide), a macaron silicon mat (or just a piece of baking paper on a baking tray), pastry brush.

## PROCEDURE

1. Place the almond meal and the sugar into a bowl and blend together with a flat wooden spatula.
2. Pour in the egg whites and use the spatula to first press hard on the mix and then mix together until a paste is formed.
3. Put the paste into a piping bag and pipe it onto a silicon mat in small mounds (For this recipe I used a 1.5cm / ½ inch diameter tip).
4. With a pastry brush, dab water on each mound and gently flatten the mounds so that they are all the same height.
5. Preheat a conventional oven to 180C (365F). When that temperature is reached bake the macarons for 15 minutes.
6. Serve as they are as a biscuit, or you place one on top of another, using a filling such as chocolate ganache, butter cream or jam.