

Advanced Baking

SNOWMAN MACARONS

INGREDIENTS

MACARON BISCUIT

- 125G ALMOND MEAL
- 150G PURE ICING SUGAR
- 100G EGG WHITES (APPROX 3 EGGS) AGED 1-7 DAYS
- 65G CASTER SUGAR
- ROYAL ICING, OR OTHER DECORATIONS
- PEPPERMINT INFUSED WHITE CHOCOLATE CANACHE
- 150G WHITE CHOCOLATE, CHOPPED
- 75ML CREAM
- 1/4 TSP PEPPERMINT ESSENCE



DIRECTIONS

1. PREPARE BAKING TRAYS WITH DOUBLE SHEETS OF BAKING PAPER. TRACE 3CM CIRCLES ONTO ONE OF THE SHEETS OF BAKING PAPER AS A GUIDE FOR PIPING YOUR SNOWMAN BODIES, LEAVING A FEW CM BETWEEN EACH AND ENOUGH ROOM ABOVE FOR THE HEADS; MAKE SURE THE SIDE WITH THE INK/ LEAD IS FACING DOWN SO IT DOES NOT COME INTO CONTACT WITH YOUR FOOD.
2. PROCESS ALMOND MEAL AND ICING SUGAR TOGETHER IN A FOOD PROCESSOR, THEN SIFT THROUGH A FINE MESH SIEVE; SIFT MIXTURE TWICE MORE, THEN SET ASIDE.
3. BEAT THE EGG WHITES UNTIL FOAMY; CONTINUE BEATING ON LOW SPEED, ADDING CASTER SUGAR A TABLESPOON AT A TIME. INCREASE TO HIGH SPEED AND BEAT UNTIL MIXTURE FORMS STIFF PEAKS AND IS GLOSSY. YOU SHOULD BE ABLE TO HOLD THE MIXTURE ABOVE YOUR HEAD WITHOUT IT FALLING.
4. FOLD THE ALMOND MEAL MIXTURE INTO THE MERINGUE A THIRD AT A TIME.
5. USING YOUR SPOON OR SPATULA, SWIPE THE MIXTURE AGAINST THE SIDE OF THE BOWL, SCOOP THE BATTER FROM THE BOTTOM AND PLOP IT UPSIDE DOWN. THIS MOVEMENT DEFLATES THE MERINGUE. YOU NEED TO REPEAT THIS PROCESS UNTIL YOUR BATTER IS SUFFICIENTLY RUNNY. TO TEST, LOOK FOR THE FOLLOWING SIGNS: YOUR BATTER WILL SLOWLY SLIDE BACK DOWN THE SIDES. IF YOU SCOOP UP A BIT OF BATTER WITH YOUR SPATULA OR SPOON AND LET IT DROP BACK INTO THE BOWL, IT WILL FALL SLOWLY, FORM A SMALL MOUND ON TOP OF THE REST OF THE BATTER SLOWLY SINK BACK INTO IT. ANOTHER GOOD WAY TO TEST IS BY GETTING A TEASPOON OF BATTER AND PLOPPING IT INTO A SMALL PLATE. IF THE PEAK FORMED WHEN IT FALLS FROM THE SPOON SINKS BACK INTO THE BATTER WITHIN 15 SECONDS, IT IS DONE.
6. FILL A PIPING BAG WITH A 1CM ROUND NOZZLE, AND PIPE ROUNDS OF MACARON BATTER ONTO THE CIRCLES YOU MARKED AS A GUIDE. ALLOW THE BATTER TO SPREAD, THEN PIPE THE HEADS ABOVE THE BODIES. ONCE DONE, BANG YOUR TRAYS AGAINST THE COUNTER TO KNOCK ANY AIR OUT OF THE BATTER. SET ASIDE YOUR MACARONS ASIDE TO DRY AT ROOM TEMPERATURE. THIS WILL TAKE 45MINS-1 HOUR. MACARONS ARE SUFFICIENTLY DRIED WHEN THE BATTER DOES NOT STICK TO YOUR FINGER WHEN TOUCHED. PREHEAT OVEN TO 200°C OR 230°C FAN-FORCED.
7. PLACE TRAY IN THE OVEN, REDUCE TEMPERATURE TO 140°C OR 130°C FAN-FORCED. BAKE FOR 20-25 MINUTES. HERE IS WHERE YOU NEED TO EXPERIMENT, AS EVERY OVEN IS DIFFERENT AND IT WILL MAKE A DIFFERENCE FOR MACARONS. KEEP AN EYE ON THEM AND MAKE SURE YOUR SHELLS DON'T CHAR. SHELLS WILL BE READY WHEN THEY CAN BE LIFTED FROM THE BAKING PAPER WITHOUT STICKING. 25 MINUTES DID IT FOR ME. TEMPERATURE BY ABOUT 10°C AND BAKING FOR 10-15 MINUTES LONGER. SET ASIDE TO COOL.

CHOCOLATE CANACHE

1. SET ASIDE THE CHOCOLATE IN A BOWL. IN A SMALL SAUCEPAN, BRING THE CREAM AND PEPPERMINT ESSENCE TO THE BOIL.
 2. POUR CREAM OVER CHOCOLATE AND STIR UNTIL CHOCOLATE IS MELTED AND MIXTURE IS COMBINED.
 3. ALLOW TO COOL TO ROOM TEMPERATURE.
 4. WHIP THE MIXTURE UNTIL LIGHT AND FLUFFY (OPTIONAL).
- TO ASSEMBLE, SPOON OR PIPE CANACHE ONTO HALF OF THE MACARON SHELLS. SANDWICH WITH THE REMAINING HALVES, THEN PIPE ON THE SNOWMAN'S FEATURES. MACS ARE BEST AFTER A DAY IN THE FRIDGE BUT CAN BE EATEN IMMEDIATELY.



Beaches Parks and Recreation Division

San Clemente Community Center - 100 N Calle Seville - (949)361-8264
San Clemente Aquatic Center - 987 Avenida Vista Hermosa - (949)429-8797
Ole Hanson Beach Club - 105 Avenida Pico - (949)431-2959

www.san-clemente.org/recreation