

Chocolate Macarons with Caramel Cream

Recipe By Esther Deutsch



Cooking and Prep:  25
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Serves:  4

Contains: 

Preference: Dairy

Difficulty: Medium

Diet: Vegan, Gluten Free,

Vegetarian

Source: Whisk by Ami

Magazine

Cuisines: French

Ingredients (8)

Main ingredients

- 1 cup Gefen Confectioners' Sugar
- 3/4 cup powdered almonds (about 6 ounces sliced almonds, pulverized)
- 4 tablespoons Gefen Unsweetened Dutch-Processed Cocoa Powder
- 3 egg whites, at room temperature

- 5 tablespoons sugar
 - 1/2 cup whipping cream
 - 2 teaspoons Gefen Light Corn Syrup
 - 1 tablespoon butter or Earth balance margarine, cut into small pieces
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Start Cooking

Prepare the Macarons

1. Preheat oven to 350 degrees Fahrenheit. Line two baking sheets with Gefen Easy Baking Parchment Paper.
2. Combine the confectioners' sugar, powdered almonds, and cocoa in a blender or food processor. Blend or process until there are no lumps.
3. In a medium bowl, beat the egg whites until they begin to rise, hold their shape, and soft peaks form. While whipping, beat in the sugar until very stiff and firm, about two minutes.
4. Using a spatula, carefully fold the ground almonds, confectioners' sugar, and cocoa combination into the beaten egg whites.
5. When the mixture is smooth and there are no streaks of egg white, stop folding and scrape the batter into a pastry bag with a plain half-inch tip. Pipe the batter on the prepared baking sheets in one- to one- and- a- half-inch circles (about one tablespoon each of batter), evenly spaced at least one and a half inches apart to allow for expansion. Tap the baking sheet several times firmly on the countertop to flatten the macarons.
6. Bake for 16-18 minutes. Let cool completely, and then remove from baking sheet.

Prepare Caramel Cream

1. Heat whipped topping in a small saucepan over high heat. Bring to a boil.
2. Add the corn syrup and butter or margarine and stir until smooth, then remove from heat.
3. Refrigerate for 15 minutes until desired consistency for spreading is achieved.
4. To assemble the macarons, spread filling on one macaron and top with a second macaron.

Tip:

*To make a chocolate filling, melt 4 ounces of finely chopped semisweet chocolate with the caramel cream.

*For vanilla macarons, omit the cocoa powder and replace with 4 tablespoons of confectioners' sugar.

*For coffee macarons, grind 1 tablespoon of instant coffee together with the confectioners' sugar, almond powder, and cocoa in the food processor.