



Long Livo

French Macarons – Beginner Friendly Recipe

30 min

Prep time

24

Servings

15 min

Cook time

Hard

Difficulty

45 min

Total time

French

Cuisine

Ingredients

Shells

- ☐ 100g almond flour
- ☐ 100g powdered sugar
- ☐ 2 large egg whites (room temperature)
- ☐ 50g granulated sugar
- ☐ A pinch of salt

- ☐ Gel food coloring (optional)

Filling

- ☐ 100g unsalted butter, softened
- ☐ 80g powdered sugar
- ☐ 1 tsp vanilla extract
- ☐ 2 tbsp heavy cream

Instructions

- 1** Sift the almond flour and powdered sugar together twice; set aside.
- 2** In a clean bowl, whisk the egg whites with a pinch of salt until foamy, then gradually add granulated sugar, continuing until stiff, glossy peaks form.
- 3** Gently fold the dry almond mixture into the meringue in three additions, being careful not to over-mix; the batter should flow like lava.
- 4** Transfer the batter to a piping bag fitted with a round tip, pipe 1-inch circles onto parchment-lined trays, tap trays lightly, and let rest 30-45 minutes until a skin forms.
- 5** Bake in a pre-heated 150°C (300°F) oven for 12-15 minutes, then cool completely before pairing shells and adding the buttercream filling.

Nutrition per serving

120 kcal

Calories

2 g

Protein

12 g

Carbs

7 g

Fat

Tips & notes

- If the shells sink, the batter was over-mixed; next time, stop when it flows slowly.
- For a deeper flavor, toast the almond flour lightly before sifting.
- Use a kitchen scale for best accuracy; it makes a huge difference.