



## MACARONS WITH LEMON-ROSEWATER BUTTERCREAM

*These are my first ever macarons and I completely made a mistake on the recipe I was following. This mistake, however, gave me such smooth, perfectly shaped macarons. A number of people still requested the actual recipe I ended up with for the macarons. So here it is!*

This recipe makes about 30-35 sandwiched macarons.

### **Ingredients**

#### **Macarons**

- 100 grams egg whites (give or take, 3 large eggs), divided
- 100 grams confectioner's sugar
- 100 grams sliced or whole almonds (can be blanched or not, up to you)
- 180 grams granulated sugar
- 90 grams water

#### **Macaron Filling**

- 1/2 cup butter, softened to room temperature
- 1 1/2 cup confectioner's sugar
- 4 teaspoons rose water [You can use less for just a tiny hint.]
- 2 teaspoons lemon juice
- a drop or two of red liquid food coloring (*Optional. Amount will vary depending on your color preference.*)

### **Equipment**

- Food processor or grinder/chopper
- Hand or stand mixer with whisk attachment
- 2 Large size bowls
- 1 Medium size bowl
- Small sauce pan
- Candy thermometer
- 2 to 3 baking sheets (we will bake double-panned, having an extra sheet will allow you to continuously bake one batch after another)
- Silicone baking mat or Parchment paper sheets to fit cookie sheet
- Piping/Pastry bag with plain tip (a storage bag like zip lock would work, too)
- Spatulas

### **Preparation**

1. Preheat oven to 300°F with the rack in the upper middle portion. You can pre-heat later on during Step #11). Place baking sheets one on top of the other (called double panning) and place the baking mat or parchment paper on the topmost sheet, and set aside.

### **For the meringue cookies –**

2. Grind almonds and confectioner's sugar together in a food processor for 2-3 minutes, until you get a powdery texture. If you have a mini one, you can use half the sugar for it to fit.
3. Sift mixture into a large bowl. If you still have big pieces left, put them back in the grinder.
4. Stir 40 grams of egg whites (about 1 egg white) with the ground almond mixture using a spatula. Mix until you get a uniform paste. Set aside.
5. Whisk 60 grams of egg whites (about 2 egg whites) on high speed in a large bowl until you achieve soft peaks. Set aside.
6. Pour water and granulated sugar into a small pan and place on your stove on high heat with the candy thermometer dipped into the mixture. Allow to boil until it reaches 230°F.
7. Resume whisking the egg whites on med-high speed in the large bowl and slowly pour the hot sugar syrup into the bowl. Whisk for about 10 minutes. You will end up with a puffy and shiny meringue.
8. Quickly fold meringue into the bowl with the almond paste for 30 seconds, then slowly to check the consistency. Do not overmix. The resulting mixture would be thick, fluffy and viscous. It will not be watery. It will almost feel and look like marshmallow fluff.
9. Transfer meringue mixture into a pastry bag.
10. Pipe mixture onto a baking sheet lined with a silicone baking mat or parchment paper. Create small domes about 1-½ inch in diameter, 2 inches apart from each other to allow for spreading. If you have 3 baking sheets, you can pipe on 2 sheets.
11. Leave on your kitchen counter for at least 45 minutes, to allow a film to develop on each circle.
12. Place baking sheet into the oven and bake for 12 minutes.
13. The cookies should be easy to peel off the pan. If not, put return the baking sheet into the oven for 2 more minutes.
14. Allow the cookies to cool on the pan for 5 minutes before transferring. Bake the next pan. Don't forget the 45-minute sitting time for the piped meringue.
15. The baked cookies have a smooth, eggshell-like top, a soft-ish center, standing on frothy-looking "feet".

### **For the buttercream –**

16. Mix butter in a medium bowl until fluffy. Pour confectioner's sugar and mix with a spatula until most of it is incorporated. Beat for a few seconds.
17. Pour rose water, lemon juice and a drop of food color and mix with a spatula first, before using your mixer.

### **Assembling the macarons –**

18. Spread buttercream on the flat side of the meringue cookie and top with the flat side of another meringue cookie to form a sandwich. Press lightly.

***Enjoy, but watch out for the sugar rush!***

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*This recipe was inspired by the macaron recipe from [MyFoodGeek.com](http://MyFoodGeek.com) and was originally posted online at [Gourmeted.com](http://Gourmeted.com) on October 27, 2009 with accompanying photos:*

*<http://gourmeted.com/2009/10/27/macarons-with-lemon-rose-water-buttercream/>*

*Please email us at [gourmeted@gmail.com](mailto:gourmeted@gmail.com) if you have questions about it. Enjoy and happy baking!*