Chocolate Macarons with Earl Grey Ganache
The French macaron is a beautifully colored, flavored, almond meringue, sandwich cookie. The outer shells consist of almond flour, sugar, and egg whites, which are joined by fillings such as ganaches, buttercreams, marmalades and more. The macaron, or macaroon in English, is often confused with the shredded coconut, moist cookie, called a coconut rocher (meaning rock) in French.

The first macaron originated in Italy in the 16th century, perhaps by the chef of Catherine de Medici. The word “macaron” comes from the Italian maccherone (also where the term macaroni derives) and means fine paste or dough. This original macaron was a simple, crispy, almond biscuit.

The macaron spread throughout France becoming popular in many regions. During the French revolution in the city of Nancy in Lorraine, two nuns sought refuge with other residents of the town. To earn a living, they produced macarons and became known as “les sœurs macarons” or “the macaron sisters.” In 1952, the city honored them by naming the street after them where their successful macaron operation took place. Macarons from Nancy are still sold in the same location today.

Pierre Desfontaines Ladurée, of the famous Parisian tearoom Ladurée, developed the concept of the macaron sandwich. In the beginning of the 20th century, Ladurée had the idea of joining the two meringue biscuits with ganache. The successful Parisian bakery, Ladurée, is known for its many flavorful macarons. Also well-known for his macarons is Pierre Hermé whose litchi, raspberry, and rose flavored macaron named “Ispahan” is recognized around the world, contributing to the macaron’s international fame.

The worldwide fascination of the macaron makes this petit four an easy sell. It is delicious, subtle, and makes great finger food. The flavor combinations are endless, as are the possible fillings: jams or jellies, buttercreams, ganaches, fresh fruits, ice creams or sorbets, almond paste, or caramel. The shell remains stable in the refrigerator for up to 5 days or in the freezer for up to 1 month.
Importance of Scaling

You will notice that our recipes are measured in grams. This is not only the traditional French way of measuring ingredients in pastry and baking but it is also the most common practice among pastry chefs in general. In pastry, you have to be as exact as possible, and measuring in grams allows you to do that even more so than with ounces. For example, if a recipe calls for 4 grams of salt, that is equivalent to even less than one fifth of an ounce! If you don’t already have one, you can find a digital scale in many kitchen supply stores (or office supply stores), and they often measure in grams as well as ounces.
Chocolate Macarons

Yield: 45 finished macarons

**Ingredients:**

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Weight</th>
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</thead>
<tbody>
<tr>
<td>Confectionery Sugar</td>
<td>340 g</td>
</tr>
<tr>
<td><em>King Arthur</em> Almond Flour</td>
<td>190 g</td>
</tr>
<tr>
<td>Aged Egg Whites</td>
<td>170 g</td>
</tr>
<tr>
<td>Sucrose</td>
<td>45 g</td>
</tr>
<tr>
<td><em>Chef Rubber</em> Egg White Powder</td>
<td>7 g</td>
</tr>
<tr>
<td><em>Cacao Barry</em> Cocoa Powder 20-22% Fat</td>
<td>25 g</td>
</tr>
<tr>
<td><strong>Total Weight</strong></td>
<td>777 g</td>
</tr>
</tbody>
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**Method:**

- Sift the almond powder and the confectionery sugar.
- Add the cacao powder.
- Robot Coupe for a few seconds if not fine enough.
- Whisk the egg whites, sucrose, and egg white powder until firm.
- Fold the dry mix with cocoa powder into the egg whites. Fold until the mixture becomes shiny and somewhat loose (you should have to squeeze the mixture from the piping bag not let it run). This process is called macaronner.
- Pipe 1” diameter disks onto parchment paper and let rest for about 30 minutes until it forms a skin.
- Bake in the convection oven at 150°C/300°F for 2 minutes with the vent closed and 8-9 minutes with the vent open.
- Let cool.
Earl Grey Ganache

Ingredients:

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight</th>
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</thead>
<tbody>
<tr>
<td>Fresh Heavy Cream 35%</td>
<td>290 g</td>
</tr>
<tr>
<td>Blue Flowers Earl Grey Tea</td>
<td>15 g</td>
</tr>
<tr>
<td>Cacao Barry Dark Chocolate Couverture 58%</td>
<td>270 g</td>
</tr>
<tr>
<td>Cacao Barry Milk Chocolate Couverture 38%</td>
<td>50 g</td>
</tr>
<tr>
<td>Plugrá Butter 82% Fat</td>
<td>50 g</td>
</tr>
<tr>
<td><strong>Total Weight</strong></td>
<td><strong>675 g</strong></td>
</tr>
</tbody>
</table>

Method:

- Bring the cream to a simmer. Add the tea. Cover and let steep for 5 minutes.
- Strain the cream/tea mixture.
- Add cream to the infusion to bring weight back to 290 grams and simmer again.
- Pour the cream over half melted dark and milk chocolate.
- Add the soft peak butter and emulsify using a hand blender or a whisk, starting from the center and working towards the sides.
Using a fine sieve, sift the almond flour and powdered sugar.
Whisk the egg whites, sucrose, and egg white powder until firm.
Mix until the macaron mixture is shiny and runs slightly (not too much). The goal is that the mixture will fall into a smooth sphere once piped.
Pipe into the desired size.
The mixture should not pour out of the bag and will require some pressure.
Bake at 150°C/300°F for 2 minutes with the vent closed and 8-9 minutes with the vent open.
Fill with earl grey tea ganache and close.
About The French Pastry School

The French Pastry School of Kennedy-King College at City Colleges of Chicago is the premier international institution of pastry arts education. Superb instruction, superior equipment, and top quality ingredients enable the co-founders, Chefs Jacquy Pfeiffer and Sébastien Canonne, M.O.F., to uphold an exceptional educational facility for all things sweet and baked. The French Pastry School’s team of award-winning instructors has grown to a faculty of many renowned chefs, including Nicole Bujewski, Patrick Doucet, Anthony Kosar, John Kraus, Sunny Lee, Eric Perez, and Joel Reno; Master Baker, Jonathan Dendauw; United States Master Baker, Jeffrey Hamelman; Master Cake Artist, Nicholas Lodge; World Baking Champion, Pierre Zimmermann; and World Pastry Champions, Patrice Caillot and En-Ming Hsu.

The French Pastry School instructs over one thousand students and pastry professionals in hands-on classes each year and offers three main programs: L’Art de la Pâtisserie, a full-time 24-week pastry and baking certificate program; L’Art du Gâteau, The Professional Cake Baking and Decorating Program, a full-time 16-week certificate program; L’Art de la Boulangerie, an 8-week Artisanal Bread Baking Course; and Continuing Education courses, 3- to 5-day long classes year-round for professionals as well as food enthusiasts. Additionally, the Chef Instructors of The French Pastry School lead demonstrations on the premises and around the country for thousands more pastry professionals and enthusiasts.

The French Pastry School offers you the rare opportunity to learn the art of pastry in an intimate setting, being personally mentored by masters in their field. Your skills will be finely honed through hands-on practice and repeated exposure to the best pastry techniques, tools, and ingredients. Our school is dedicated only to the art of pastry, and it is our goal to be the finest pastry school in the United States, producing the best-prepared professionals entering the industry.

The French Pastry School's programs are approved by the Illinois Community College Board through Kennedy-King College at City Colleges of Chicago. Students in our full-time certificate programs earn from 16 to 24 college credit hours.