

Maple Syrup Macarons

Ingrédients

- 128g of icing sugar
- 128g of almond powder
- 47g of egg whites (1)
- 47g of egg whites (2)
- 32g of water
- 128g of granulated sugar
- 3g of gelatin
- 112g of heavy cream
- 90g of maple sugar
- 165g of mascarpone

Préparation

1. To make one of my Yule logs, I had bought maple sugar, and I wanted to use it for a new recipe.
2. I decided to make a cream to fill macarons by mixing this maple sugar with liquid cream and mascarpone.
3. If you only have maple syrup and not sugar, I think it's possible to make this filling but with some adjustments to achieve a good texture.
4. For the shells, I used Pierre Hermé's recipe, which involves Italian meringue macarons.
5. Sift the icing sugar and almond powder, then add the egg whites (1) while mixing well.
6. Next, prepare the Italian meringue: make a syrup with the water and granulated sugar.
7. When it reaches 110°C, start beating the egg whites (2).
8. When the syrup is at 118°C, pour it in a thin stream over the egg whites and continue beating until you obtain a shiny meringue.
9. Take half of the Italian meringue and pour it into the first mixture to loosen it, adding the coloring if desired.
10. When the mixture is homogeneous, add the rest of the Italian meringue while mixing with a spatula or a rubber spatula (this is the macaronage).
11. You need to loosen the batter so that it is homogeneous and flexible, but definitely not liquid; it should form a ribbon.
12. Put the macaron batter into a piping bag fitted with a plain nozzle, then pipe the shells onto a tray lined with parchment paper.
13. Personally, I let them dry before baking, but some people don't do this and it works well too, so it's up to you ;-). Once the batter no longer sticks when you touch it (about 15-20 minutes), bake the shells in a preheated oven at 145°C for 12 to 14 minutes (the oven temperature and baking time are given as a guideline; you will likely need one or two tries to find the right combo for your oven).
14. Once the shells are baked, let them cool before peeling them off the parchment paper.
15. Soak the gelatin sheets in cold water.
16. Heat 35% of heavy cream, then dissolve the gelatin in it.
17. Separately, whip the remaining heavy cream into whipped cream, gradually adding the mascarpone and maple sugar.
18. Then, add the cream mixed with the gelatin.
19. Place the resulting cream in the refrigerator for at least 2 hours.
20. Assembly: Take the maple cream out of the refrigerator.

21. It has a slightly mousse-like texture; whip it a bit to achieve a creamier texture, then place it in a piping bag.
22. Fill half of the shells with the maple cream, then close them with the second shell.

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