

Treasure Barrel

French Macarons – Beginner Friendly Recipe

30 min Prep time	**15 min** Cook time	**45 min** Total time
24 Servings	**Hard** Difficulty	**French** Cuisine

Ingredients

Shells

- [ ] 100 g almond flour
- [ ] 100 g powdered sugar
- [ ] 2 large egg whites (about 60 g), room temperature
- [ ] 50 g granulated sugar
- [ ] Pinch of cream of tartar
- [ ] Food coloring (optional)

Buttercream Filling

- [ ] 100 g unsalted butter, softened
- [ ] 150 g powdered sugar, sifted
- [ ] 1 tsp vanilla extract
- [ ] 1–2 tbsp heavy cream

Instructions

1. Sift almond flour and powdered sugar together into a bowl; set aside.
2. In a clean bowl, whisk egg whites with cream of tartar until foamy, then gradually add granulated sugar, continuing to whisk until a glossy, stiff peak meringue forms.
3. Gently fold the sifted dry mixture into the meringue in three additions, mixing until the batter flows like lava and forms a thick ribbon when lifted.
4. If using color, add a few drops now and fold briefly. Transfer batter to a piping bag fitted with a round tip.
5. Pipe uniform 1-inch rounds onto a parchment-lined baking sheet, spacing them about 1 inch apart. Tap the tray on the counter to release air bubbles.
6. Let the shells rest at room temperature for 30–45 minutes until a skin forms (touch feels dry). Meanwhile, preheat the oven to 150°C (300°F).
7. Bake the shells for 12–15 minutes, rotating halfway. They should lift easily and have a faint shine.
8. Cool completely, then pipe buttercream onto the flat side of a shell and sandwich with another shell.

Nutrition per serving

120 kcal	3 g	14 g	6 g
Calories	Protein	Carbs	Fat

Tips & notes

- A gentle, steady hand while folding prevents over-mixing.
- If the kitchen is humid, add a tablespoon of cornstarch to the dry mix.
- Experiment with flavored extracts in the buttercream for variety.