

French Blue Macaroons



Ingredients

1 cup almond flour or meal

1 cup powdered sugar

3 egg whites, at room temperature*

1/2 cup granulated sugar

1/4 cup water

Blue and green food coloring, liquid or gel

Directions

In a bowl, sift almond flour with powdered sugar. In a separate bowl, whip egg whites until stiff peaks are created and set aside. Meanwhile, make a simple syrup by boiling the granulated sugar and water together until it reaches a temperature of 245 F on a candy thermometer. Carefully pour syrup into egg whites; whip again until stiff and glossy. Stir in almond flour-sugar mix until well-blended and easy to pour.

Combine blue and green food coloring, adding slightly more tint, since cookies will bake to a lighter shade. Fill a pastry bag with a large round tip. Squeeze one-inch of batter onto a piece of parchment paper placed upon an insulated baking sheet. Air-dry for at least 20 minutes.

Bake in a preheated oven at 300 F on second rack from top for about 15 minutes, taking care not to brown or burn the cookies. Remove from the oven and let cool for 15 minutes. Peel the macaroons off the parchment paper and set aside until ready to frost. Yields 3 to 4 dozen single macaroons.

* Egg whites reach their fullest volume if allowed to stand at room temperature for about 20 to 30 minutes before beating.

White Chocolate Filling

Ingredients

Two 1-oz. squares of white chocolate

4 oz. cream cheese, softened

1 to 1-1/2 cups powdered sugar

Pinch of salt

Directions

In a double boiler or microwave-safe bowl, melt the chocolate. In another bowl, blend the melted chocolate with cream cheese until smooth. Slowly add sugar and salt until the mixture reaches the consistency of frosting. Attach a large round tip to a pastry bag and fill with frosting.

Squeeze icing onto one macaroon and top with another cookie to make a sandwich. Refrigerate for at least 30 minutes until set. Bring to room temperature before serving.