



Lavender Tea With Lemon French Macarons

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



20

CALORIES



61 kcal

BEVERAGE

DRINK

Ingredients

- 0.8 cup almond flour
- 1 pinch cream of tartar
- 4 large egg whites
- 2 tablespoons culinary lavender buds dried
- 0.5 lemon zest
- 1 cup powdered sugar
- 0.3 cup granulated sugar white
- 4 drops food coloring yellow

Equipment

- bowl
- frying pan
- baking sheet
- oven
- blender
- pastry bag

Directions

- Pulse the almond flour and powdered sugar until blended, then sift twice to make sure all larger pieces of almond are separated out and the flour is blended well.
- Add the lemon zest and lavender to the flour and set aside. Pulse the white sugar in processor until very fine. In the large bowl of a standing mixer or by hand, start whipping egg whites until foamy.
- Add a pinch of cream of tartar, and whip until soft peaks form. Reduce speed to low, and add the fine white sugar one tablespoon at a time. When fully incorporated, increase speed to medium and then to high, and whip until stiff-peaked. Timing varies on this, and this is where practice makes perfect.
- Add your food coloring gel when almost completely done whipping. Sift 1/3 of the flour into the egg and fold in completely. Repeat until all the flour is incorporated. You want to fold in until the batter is smooth, but still light. Spoon into pastry bag fitted with a large tip (I use between 1/2 and 1 inch, depending on what I grab first). Pipe 1 inch rounds onto parchment lined baking sheets, pulling the tip to the side so as to not leave a peak mark. I use very thick sheets for this recipe. Double up if needed. Tap the pan somewhat assertively on the counter to remove any trapped air and help batter to settle.
- Let sit for 1/2 2 hours, until a shell forms on the top and your finger pressed lightly doesn't leave a mark. Now, bakers are completely split on the right temperature for baking macarons. Some bake slowly at 270–350 degrees. I tried to keep my temperamental oven at around 300 for these, holding the door slightly ajar with a spoon. This way I can keep them in longer to assure that the insides are cooked without browning them on top, which happened with a batch that was drier / baked higher.

- Bake in fully preheated oven for 5 minutes, turn the pan, and bake for around 8 minutes more, or until the feet of the macaron are a bit sturdier than soft. Cool on sheets for two minutes, then remove to rack to cool completely. Fill with prepared lemon curd and refrigerate to harden.
- Serve at room temperature with tea. Preferably wearing a skirt. Or at least barefoot.

Nutrition Facts



Properties

Glycemic Index:3.5, Glycemic Load:1.75, Inflammation Score:0, Nutrition Score:0.43434782608696%

Nutrients (% of daily need)

Calories: 61.06kcal (3.05%), Fat: 2.11g (3.25%), Saturated Fat: 0.15g (0.92%), Carbohydrates: 9.64g (3.21%), Net Carbohydrates: 9.18g (3.34%), Sugar: 8.56g (9.51%), Cholesterol: 0mg (0%), Sodium: 11.14mg (0.48%), Protein: 1.63g (3.25%), Selenium: 1.37µg (1.96%), Fiber: 0.46g (1.84%), Vitamin B2: 0.03mg (1.81%), Calcium: 12.87mg (1.29%), Iron: 0.2mg (1.12%)