



Raspberry Chocolate French Macaroons



Gluten Free



Popular

READY IN



4500 min.

SERVINGS



30

CALORIES



92 kcal

DESSERT

Ingredients

- ☐ 3 oz fine-quality bittersweet chocolate 64% finely chopped (60 to cacao)
- ☐ 6 oz blanched almonds and sliced (not slivered; 2 cups)
- ☐ 1.5 cups confectioners sugar
- ☐ 3 large egg whites
- ☐ 30 servings pink food coloring red
- ☐ 3 tablespoons granulated sugar
- ☐ 0.3 cup heavy cream
- ☐ 0.1 teaspoon raspberry extract (preferably McCormick brand)

- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon butter unsalted softened

Equipment

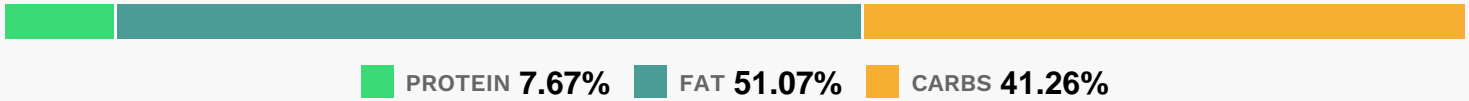
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ double boiler
- ☐ hand mixer
- ☐ ziploc bags
- ☐ spatula

Directions

- ☐ Line 2 baking sheets with parchment paper.
- ☐ Pulse almonds with 1/2 cup confectioners sugar in a food processor until very finely ground, 2 to 3 minutes, then transfer to a bowl. Sift in remaining cup confectioners sugar, stirring to combine.
- ☐ Beat egg whites with salt in another bowl with an electric mixer at medium speed until they just hold soft peaks.
- ☐ Add granulated sugar, a little at a time, beating, then increase speed to high and continue to beat until whites just hold stiff, glossy peaks.
- ☐ Add drops of food coloring to reach desired shade and mix at low speed until evenly combined. Stir almond mixture into meringue with a rubber spatula until completely incorporated. (Meringue will deflate.)
- ☐ Spoon batter into bag, pressing out excess air, and snip off 1 corner of plastic bag to create a 1/4-inch opening. Twist bag firmly just above batter, then pipe peaked mounds of batter (the size of a chocolate kiss) onto lined sheets about 1 1/2 inches apart.

- ☐ Let cookies stand, uncovered, at room temperature until tops are no longer sticky and a light crust forms, 20 to 30 minutes.
- ☐ Meanwhile, put oven racks in upper and lower thirds of oven and preheat oven to 300°F.
- ☐ Bake cookies, switching position of sheets halfway through baking, until crisp and edges are just slightly darker, 20 to 25 minutes. Cool completely on sheets on racks, about 30 minutes.
- ☐ Melt chocolate with cream in a metal bowl set over a pan of barely simmering water or in top of a double boiler, stirring until smooth. (Bowl should not touch water.)
- ☐ Remove bowl from heat, then add butter and raspberry extract, stirring until butter is melted.
- ☐ Let stand at room temperature until cooled completely and slightly thickened.
- ☐ Carefully peel cookies from parchment (they will be fragile). Sandwich a thin layer of ganache (about 1/2 teaspoon) between flat sides of cookies.
- ☐ Filled macaroons keep in an airtight container at room temperature 3 days.

Nutrition Facts



Properties

Glycemic Index:2.34, Glycemic Load:0.84, Inflammation Score:-1, Nutrition Score:2.2334782579995%

Nutrients (% of daily need)

Calories: 91.88kcal (4.59%), Fat: 5.41g (8.32%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 9.83g (3.28%), Net Carbohydrates: 9.04g (3.29%), Sugar: 8.47g (9.41%), Cholesterol: 4.16mg (1.39%), Sodium: 65.87mg (2.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.83g (3.65%), Vitamin E: 1.4mg (9.32%), Manganese: 0.14mg (7.12%), Magnesium: 20.74mg (5.19%), Copper: 0.1mg (4.76%), Vitamin B2: 0.06mg (3.69%), Phosphorus: 36.78mg (3.68%), Fiber: 0.79g (3.15%), Iron: 0.38mg (2.08%), Potassium: 61.6mg (1.76%), Calcium: 17.33mg (1.73%), Selenium: 1.21µg (1.72%), Zinc: 0.25mg (1.68%), Vitamin B3: 0.23mg (1.14%), Vitamin A: 52.35IU (1.05%)