



# Heart macarons

40'  
Hands on

1 hour'  
Hands off

15'  
Cook Time

30  
Portion(s)

2  
Difficulty



## Method

For the macarons

- In a food processor, add the almonds and the icing sugar, and beat them well until powdered.
- Pass the mixture through a sieve. If any large pieces are left, beat them in the food processor again, and then pass them through the sieve. You don't want any pieces, neither large nor small, left in the mixture.
- In a mixer's bowl add the egg whites, the salt, and beat at high speed.
- Add the sugar in 5 batches and beat until it becomes a meringue.
- With a spatula, take half of the meringue and add it to a [bowl](#).
- In the mixer's bowl with the remaining meringue, add the powdered almonds, the food coloring paste, and beat for a few seconds until the ingredients are homogenized.
- Add the remaining meringue and mix with a spatula until the ingredients are combined. Mix softly so that the meringue's volume doesn't reduce.
- Transfer into a [pastry bag](#).
- Line three [baking pans](#) with parchment paper.
- Start shaping the heart macarons, by drawing a small "v" without picking up the pastry bag from the parchment paper. The mixture will spread a little and the shape of the heart will be formed.
- Set aside for 1 hour so that they make a crust.
- Preheat the oven to 130° C (270° F) set to fan.
- Bake for 15-17 minutes.
- Remove and allow 30 minutes for them to cool.

For the ganache

- Cut the couverture into pieces and transfer into a bowl.
- Heat the heavy cream along with the vanilla extract in a [saucepan](#) over medium heat.
- As soon as the cream starts boiling, remove the saucepan from the heat, and pour the cream into the bowl with the chocolate.
- Let 30 seconds pass and then, stir the mixture with a hand whisk until the ingredients are homogenized and you have a smooth and shiny ganache.
- Transfer into a pastry bag with a [star pastry tip](#) and allow about 20 minutes for the ganache to thicken.
- You want it to get so thick that it will be able to set onto the macarons.
- Share the ganache onto half of the macarons, from the side that was touching the baking pan when you baked them.
- Place the other half macarons on top, with the side that was touching the baking pan, now touching the filling.
- Shape a heart with the macarons and decorate with edible flowers and meringues.

## Ingredients

For the macarons

- 120 g almonds, blanched
- 120 g icing sugar
- 100 g egg whites, of 4 medium eggs
- 1 pinch salt
- 120 g granulated sugar
- 1/2 teaspoon(s) [red food coloring paste](#)

For the ganache

- 200 g chocolate couverture
- 200 g heavy cream 35%
- 1 teaspoon(s) [vanilla extract](#)

To serve

- edible flowers
- [meringue](#)

## Διατροφικός πίνακας

Nutrition information per portion

124 Calories (kcal)	7.5 Total Fat (g)	3.4 Saturated Fat (g)	12.0 Total Carbs (g)
6%	11%	17%	5%
10.0 Sugars (g)	2.2 Protein (g)	0.9 Fibre (g)	0.08 Sodium (g)
11%	4%	4%	1%