

Plate Dream

French Macarons

Beginner-friendly French macarons with airy shells and creamy filling.

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

Ingredients

Shells

- [ ] 1 cup almond flour
- [ ] 1 1/2 cups powdered sugar
- [ ] 3 large egg whites, room temperature
- [ ] 1/4 cup granulated sugar
- [ ] Pinch of cream of tartar
- [ ] Gel food coloring (optional)

Buttercream Filling

- [ ] 1/2 cup unsalted butter, softened
- [ ] 1 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon zest

Instructions

1. Preheat the oven to 300°F (150°C) and line two baking sheets with parchment. desserts
2. Sift almond flour and powdered sugar together into a bowl; set aside.
3. In a clean bowl, whisk egg whites with cream of tartar until foamy; gradually add granulated sugar and beat to stiff, glossy peaks.
4. Add a few drops of gel coloring if using, then gently fold the sifted dry ingredients into the meringue until the batter flows like thick lava.
5. Transfer batter to a piping bag fitted with a round tip; pipe 1-inch circles onto parchment, spacing 1 inch apart.
6. Let the shells rest at room temperature for 30-45 minutes until a skin forms; you can gently touch the surface—no sticky residue should remain.
7. Bake for 12-15 minutes, then turn off the oven and let the shells sit for 5 minutes before removing them.
8. While shells cool, beat butter until creamy, then add powdered sugar, vanilla, and lemon zest; mix until light and fluffy.
9. Pipe a small dollop of buttercream onto the flat side of one shell and sandwich with another shell; repeat for all shells.
10. Refrigerate the assembled macarons for at least 12 hours to allow flavors to meld. chocolate croissants

Nutrition per serving

120 kcal	2 g	16 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the shells develop cracks, the batter was likely over-mixed.
- Allow enough resting time; rushing this step leads to uneven shells.
- For brighter colors, use gel food coloring rather than liquid.