



# Bake Off - Technical Challenge

For the Technical Bake Off Challenge, we're challenging you to make yummy Macarons. This challenge will tap into your specific baking skills and put you to the ultimate test! Be careful in all aspects of the kitchen and baking and make sure to seek permission from a parent/ guardian or do this with your leaders.

Don't forget to submit your entries on social media, by 2pm on Sunday 30<sup>th</sup> May 2021, using the hashtag **#UniteBB #BBbakeoff**.

## The Recipe

### Ingredients

#### For the macarons:

170g Icing Sugar

160g Ground Almonds

120ml Egg whites from 4 medium eggs, separated into 2 batches

160g Granulated Sugar

½ tsp food colouring of choice

50ml cold water

#### For the filling:

**You may fill the macarons with any jam, butter cream or spread of choice**

### Method

**Step 1:** Place the icing sugar and the ground almonds in a bowl. If you have a food processor, pulse the mixture for about 15 times until fully combined. If you don't have a food processor or electric whisk, mix the ingredients with a softy with a wooden spoon, roughly about 15 times until fully combined.

**Step 2:** Sieve the mixture into a large bowl, discarding any particles that stay in the sieve.

**Step 3:** Add the first batch of egg whites to the dry mixture to form a thick paste and set aside.

**Step 4:** Tip the second batch of egg whites into a spotlessly clean, heatproof bowl and whisk the egg whites until they become fluffy.

**Step 5:** Place 50ml cold water and the granulated sugar into a small saucepan on a medium heat. Heat until boiled and the sugar has dissolved.

**Step 6:** Next, slowly pour this hot sugar mixture down the side of the bowl with the second batch of eggs in and whisk fast, or on a high setting on a food processor. Keep whisking until the mixture is warm and you have a shiny peaked meringue mixture. Add your chosen food colouring and whisk to combine.

**Step 7:** Tip the meringue mixture onto the almond paste mixture and gently fold together. It is important not to over mix. The mixture should fall like a ribbon from a spoon or spatula. The ribbon of mixture should also fade back into the batter within 30 seconds, if this does not happen, fold for a few more times until it does.

**Step 8:** Heat the oven to 170C/ 150C fan/ gas mark 3-4. Line three baking sheets with baking paper. Transfer the batter to a piping bag fitted with a large round nozzle (If you do not have a round nozzle, just cut off the end of the piping bag).

**Step 9:** Hold the bag vertically to the tray with the nozzle about 1 cm from it. Pipe rounds about 2.5cm in diameter onto the prepared baking sheets. Leave to rest for 30 minutes, or until the macarons have developed a slight skin (This is a crucial step for creating the best macarons).

**Step 10:** Bake the macarons in the oven for 14 minutes (this needs to be precise, so you could test a macaron first). After 14 minutes, take the macarons out of the oven and immediately slide the baking paper onto a flat surface and leave to cool for a few minutes before peeling the macarons off the baking paper.

**Step 11:** When the macarons have completely cooled, put a small amount of the filling you have chosen on one half of the macaron and place the other half of the macaron on the top.

**Step 12:** Enjoy!