

# Refreshing Lemon and Mint Macarons Recipe

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Prep. time : 10 minutes

Cook time : 20 minutes

Ready in 30 minutes plus cooling

Level : Advanced

## **Ingredients:**

### **Macaron Shells:**

- Egg whites 150g (5.3oz)
- Sugar 150g (5.3oz)
- Almond flour 150g (5.3oz)
- Powdered sugar 150g (5.3oz)
- Green gel coloring as per your preference
- Yellow gel coloring as per your preference

### **Mint Jelly:**

- Mint leaves 30g (1oz)
- Water for cooking (fill the pan)
- Ice water for chilling (fill the bowl)
- Water 170g (6oz)
- Sugar 55g (2oz)
- Lemon juice 10g (2Tsp)
- Gelatin 7g (4.5 leaves)

### **White Chocolate and Lemon Ganache:**

- White chocolate 215g (7.6oz)
- Cream 35% 60g (2.1oz)
- Lemon zest 4g (1Tsp)
- Lemon juice 20g (0.7oz)
- Butter 55g (2oz)

## Directions

1. To make macaron shells put sifted powdered sugar and sifted almond flour into a bowl, and stir well with a whisk. Next, you need to make meringue.
2. To make Swiss meringue put a bowl into the bain-marie. Put egg whites and sugar into it and stir to combine. Insert the probe of a digital candy thermometer into the mixture, and heat it until the temperature reaches 70°C (158°F). Rub some mixture between your fingers to check if all the sugar crystals are dissolved. Transfer the hot mixture into a bowl of a stand mixer fitted with whisk attachment and whisk on medium speed until meringue cools down and reaches firm peaks.
3. Add sifted dry ingredients into the meringue, and incorporate them gently. The mixture should still be pretty firm: divide it into two bowls, 250g (8.8oz) each.
4. Add yellow gel coloring into one bowl. Then, continue mixing until the mixture becomes shiny, thick, but pourable. Pipe macarons onto a paper lined baking tray using a piping bag fitted with 10mm (3/8") tip. Under the paper you can put a template with 5cm (2") in diameter circles that you can download in my post. Tap the tray against the counter, and then leave macarons at room temperature for about one hour until they are dried.
5. Repeat the procedure with the second bowl in which you will add green gel coloring.
6. Bake macarons at 120°C (250°F) for 20 minutes. Every now and then open the oven door to allow the moisture to escape. Then leave macarons to cool down completely.
7. To make mint jelly soak gelatin in cold water. As soon as the gelatin softens take it out and squeeze to get rid of the excess water. Put lemon juice and sugar into a bowl and stir with a whisk to combine. Heat up this mixture in the microwave. Then, add soaked gelatin and stir until it melts. Leave it to cool down to room temperature.
8. Prepare one pan full of boiling water, and one bowl filled with ice water. Put mint leaves into the boiling water for about 30 seconds. Then take them out and put them immediately into the ice water. That way they will keep their beautiful green color.

9. Put mint leaves and 170g (6oz) of water into a blender and blend this mixture for about 30 seconds. Then, strain it through a sieve. Add lemon juice and gelatin mixture and stir well to combine.
10. Line 15cm x 15cm (6" x 6") pan with cling film, and pour mint jelly in it. Put it in the fridge until the jelly sets.
11. To make white chocolate and lemon ganache put cream into a measuring cup, and grate lemon zest into the cream. Then heat up this mixture in the microwave, and leave it on the counter for about 15-20 minutes to infuse. Melt white chocolate in the microwave on low heat, and strain infused cream into the melted chocolate. Add lemon juice and stir with a whisk until the mixture becomes uniform. Then, add softened butter and stir until incorporated. Cover the ganache with cling film and leave it on the counter for a couple of hours, until it becomes pipeable.
12. When mint jelly sets, cut out 2.5cm (1") in diameter circles. Place one mint jelly disc in the middle of one macaron shell. Put the ganache into a piping bag fitted with small star tip, and pipe it around the jelly. Then sandwich it with another macaron shell.
13. There, your delicious and refreshing lemon and mint macarons are done! Enjoy!