

MACAROON SHELLS ITALIAN MERINGUE



INGREDIENTS	QUANTITIES (g)	PERCENTAGES (%)
Meringue		
Sugar	300	23,6
Water (1)	110	8,6
Yumgo <i>WHITE POWDER</i>	12	0,9
Water (2) (to hydrate the powder)	103	8,1
Mix		
Almond powder	300	23,6
Icing sugar	300	23,6
*Yumgo <i>FIBER 1</i>	33	2,6
Yumgo <i>WHITE POWDER</i>	12	0,9
Water (2) (to hydrate the powder)	103	8,1
Total	1273	100,0

*Consult us for references

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PROCESS

- Preheat the oven to 140°C.
- Heat the water and sugar to obtain a sugar syrup between 118°C and 120°C.
- Mix Yumgo White Powder with the water to rehydrate it.
- At the same time, whip the rehydrated Yumgo White Powder into snow for about 3 minutes at maximum speed (10) of the standing mixer.
- Lower the speed of the mixer when incorporating the hot sugar syrup (4-6).
- Once the sugar syrup has been incorporated, whisk for an additional 4 minutes at maximum speed to obtain a firm meringue.
- For the mix, mix Yumgo White Powder with the water in order to rehydrate it.
- Make the mix of almond powder and icing sugar, add the rehydrated Yumgo White Powder to form the marzipan.
- Once the meringue has cooled slightly, mix a first part of the meringue in the marzipan.
- Add the rest of the meringue and macaroon to obtain a homogeneous, smooth and shiny mixture.
- Poach on a baking sheet with a baking sheet or silpat.
- Tap the plate on the work surface
- Cook for 16 minutes at 140°C, key open.
- Once out of the oven, leave the macaroons to finish cooking on a baking sheet for 10 minutes and leave to cool.



TIPS

- For larger quantities: increase the foaming time of the meringue as well as the % of Yumgo fiber for a developed crumb.
- The marzipan is more consistent than a conventional marzipan and can be made with a standing mixer.
- The ventilation of the oven can distort the development of the shells.

For your questions and projects, contact us at innovation@yumgo.fr

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