

Bite Spoon

French Macarons Recipe

Learn how to make light, chewy French macarons with a simple beginner-friendly recipe that's perfect for any occasion.

30 min Prep time	**20 min** Cook time	**50 min** Total time
24 Servings	**Hard** Difficulty	**French** Cuisine

Ingredients

Shells

- [ ] 110 g almond flour
- [ ] 200 g powdered sugar
- [ ] 90 g egg whites (about 3 large), room temperature
- [ ] 30 g granulated sugar
- [ ] 1/4 tsp cream of tartar
- [ ] Pinch of salt

Filling

- [ ] 120 g unsalted butter, softened
- [ ] 100 g powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 2 tbsp heavy cream
- [ ] Optional: cookies and cream jam for a playful twist

Instructions

1. Preheat the oven to 150°C (300°F). Line two baking sheets with parchment paper; set aside.
2. Sift the almond flour and powdered sugar together into a bowl; set aside.
3. In a clean bowl, whisk the egg whites with cream of tartar until frothy, then gradually add granulated sugar while whisking on medium speed.
4. Continue whisking on high until stiff, glossy peaks form – the meringue should shine like a calm lake.
5. Fold the dry almond mixture into the meringue in 3 additions, using a spatula; the batter should flow like lava, not too runny.
6. Pipe 3-cm circles onto the parchment, spacing them about 2 cm apart. Tap the sheet gently to release air bubbles.
7. Let the shells rest at room temperature for 30-40 minutes, until a skin forms and they’re no longer sticky to the touch.
8. Bake for 15-18 minutes, rotating the sheet halfway. The shells should have smooth tops and a faint “foot” at the base.
9. Cool completely on the sheet, then gently remove. Meanwhile, beat butter, powdered sugar, vanilla, and cream together for the filling.

10. Pipe a dollop of buttercream onto the flat side of one shell, sandwich with another shell; repeat.

11. Store macarons in an airtight container; let them rest for at least 12 hours before serving for optimal flavor.

Nutrition per serving

120 kcal	3 g	12 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you notice a dry skin not forming, the kitchen may be too humid; try a fan or dehumidifier.
- For a fruity twist, replace the buttercream with a cheesecake strawberries puree.
- A dash of orange zest in the filling can brighten the almond flavor.