

Helergon Kitchen

French Macarons – Beginner Friendly Recipe

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

Ingredients

Macaron Shells

- [ ] 1 1/2 cups almond flour
- [ ] 1 3/4 cups powdered sugar
- [ ] 3 large egg whites (aged at least 24 hours)
- [ ] 1/4 cup granulated sugar
- [ ] A pinch of cream of tartar

Buttercream Filling

- [ ] 1/2 cup unsalted butter, softened
- [ ] 1 cup powdered sugar
- [ ] 1 tsp vanilla extract
- [ ] 1 tsp lemon juice
- [ ] 2 tbsp heavy cream

Instructions

1. Sift almond flour and powdered sugar together twice; set aside in a large bowl.
2. In a clean bowl, whisk egg whites with a pinch of cream of tartar until foamy, then gradually add granulated sugar, whisking to stiff, glossy peaks.
3. Fold the dry mixture into the meringue gently, using a spatula, until the batter flows slowly off the spatula—this is called the macaronage.
4. Pipe 1-inch circles onto parchment-lined trays, smoothing the tops with a gentle tap on the counter.
5. Let the shells rest for 30-45 minutes until a thin skin forms; they should not stick to your fingertip.
6. Bake in a preheated 300°F (150°C) oven for 15-18 minutes. Cool completely before removing.
7. While shells cool, beat butter until creamy, then add powdered sugar, vanilla, lemon juice, and heavy cream, whipping until light and fluffy.
8. Pair similar-sized shells, pipe a dollop of buttercream onto the flat side, and gently sandwich.
9. Refrigerate assembled macarons for at least one hour to let flavors meld.

Nutrition per serving

120 kcal	3 g	12 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- If shells develop a slight crack, they’re still edible—just adjust baking time next time.
- For a glossy finish, add a tiny pinch of salt to the meringue.
- You can swap lemon juice for orange zest to vary the flavor.