

**Sweetpea Patisserie x Lady Qooza  
~ Cooking jamming Workshop ~**

***French lavender macaron with  
Spanish blossom honey buttercream***

**Ingredients:**

**A: For macarons:**

(Makes about 1 dozen small macarons)

61 g almond flour  
81 g powdered sugar  
46 g egg whites  
1 g egg white powder  
0.7 g finely ground sea salt  
27 g granulated sugar  
2 drops of blue food coloring  
Dried lavender leaves

**B: For Spanish blossom honey buttercream filling:**

(enough to fill 16-18 small macarons)

1 large egg whites (40g)  
1/3 cup (75g) sugar  
1/3 cup (75g) unsalted butter, at room temperature, cut into pieces  
1 tablespoons good-quality honey (We use Spanish blossom here)

**How to:**

**A. For macarons:**

1. In a large bowl, sift together the almond flour, powdered sugar and salt. Set aside. In the bowl of an electric mixer, add the egg white and the egg white powder. Whip in medium speed until egg whites start to increase in volume.
2. When the egg whites are almost fully whipped and very fluffy, slowly start adding the sugar, sprinkle it in. After all the sugar is incorporated, continue to whip the meringue in high speed now until stiff peaks have formed. This is when we will add the food coloring.
3. Add the dry ingredients to the meringue and with a spatula, fold the meringue into the dry ingredients. This is called “macaroner” and is also a tricky part. It is better to fold slowly and test a couple of macarons because it is possible to over fold this mixture. We are looking for a shiny mass. It will only take about 10 to 15 strokes. Pipe the mass onto half sheet pans lined with silpats. Sprinkle the wet macarons with



dried lavender leaves. Make sure to pick out any stems or hard pieces.

4. Let them sit at room temperature for about 30 minutes so they dry. We want the tops to not stick to our finger when we touch them. This will ensure a crack-free macaron.
5. Have your oven preheated at 150C degrees. Bake one sheet pan at a time positioning it in a middle rack. Bake for about 8 minutes and rotate sheet pan to ensure even baking. We are looking for a mass that spreads a little but not too much otherwise our macarons will be flat. It should take about 14 minutes but that depends on the oven. It is better to bake it slowly so no browning occurs.
6. Remove them from the oven and slide the silpat onto a cold surface. Let them cool on the silpat.

**B: For Spanish blossom honey buttercream filling:**

1. In the bowl of an electric mixer, whisk egg whites and sugar. Set mixer bowl over a saucepan of simmering water and heat mixture, whisking often, until it feels warm to the touch and sugar is dissolved, 3 to 5 minutes.
2. Transfer bowl to the mixer, and fit with the whisk attachment. Whip on high speed until mixture is stiff and shiny, 3 to 5 minutes. Add butter, one piece at a time, and continue mixing until butter is thoroughly incorporated.
3. Add the honey, blend well.

\*Leftover buttercream can be covered with plastic wrap and kept in the fridge for up to a week, just bring back to room temperature and stir well again before use\*

**To assemble:**

Pipe a teaspoon of the buttercream on a macaron and top with another one that is similar size.

*~~Bon Appetite~~*