

Dear pastry lovers,

Thank you for joining us for "Bastille Day Week Special *Online Pastry Class*"! We were delighted to celebrate Bastille Day with you! Many thanks also to Chef Romain for sharing his experience.

If you wish to reproduce olive oil and pistachio macarons from home, please find below the full list of ingredients to prepare:

- 150g almond meal
- 150g icing sugar
- 4 egg whites (2x55g)
- 150g caster sugar
- 50ml water
- Green food colour
- 200g thickened cream
- 1 vanilla stick or vanilla paste
- 250g white chocolate
- 50g olive oil
- 50g pistachio paste (to prepare before the event, see below the recipe)

We invite you to start the pistachio paste before starting the preparation. You will find below the list of ingredients that you need to prepare for the pistachio paste:

- 125g unsalted raw pistachios (preferably peeled)
- 62g sugar
- 15cl water
- 30g almond powder
- 2 drops bitter almond extract
- 1 teaspoon peanut or grape seed oil (Chef Romain Lassiaille uses hazelnut oil)



Part 1: Pistachio Paste

Step 1: Roast the pistachios on a baking tray in the oven at 150°C for 15 minutes. Stir every 5 minutes so that the roasting is homogeneous.

Step 2: If you only have pistachios with their peel: you will have to shell them! It is not easy, the best is to rub them on a sieve or a colander. Remove as much as you can (you won't be able to remove everything).

Step 3: In a small pan, boil the water and sugar to 121°C. Given the quantities it is very difficult to get the right temperature, so Chef Romain Lassiaille advises you to wait until it boils, but before the sugar caramelizes.

Step 4: Add the pistachios and stir with a wooden spoon. The pistachios will surround themselves with the sugar and become white, you can then remove the pan from the heat.

Step 5: Put them into a blender with the almond powder and bitter almond extract.

Step 6: Blend until you obtain a powder, add the oil.

Step 7: Keep mixing until you get a paste. The consistency depends on the pistachio nuts, if they are very fatty it will be rather liquid, conversely (like Chef Romain Lassiaille) it will be drier, you are free to add a little oil if the consistency does not suit you. If you really can not manage to obtain a slightly liquid paste, add a little bit of water.



Part 2: The Ganache

Step 1: Put the thickened cream and add 50g of pistachio paste in a saucepan. Put the saucepan on low heat until it boils.

Step 2: Separately, take a serving bowl and add 500g of white chocolate.

Step 3: Put the vanilla stick or vanilla paste in the saucepan including cream and pistachio paste so that the vanilla can infuse into the creme.

Step 4: Once the cream and pistachio paste starts to boil, turn off the heat. Then, add the green food colour inside.

Step 5: Put the hot cream in the serving bowl with white chocolate. Then, take a whisk and mix until it melts. The consistency should become creamy. If you see that pieces of white chocolate have not completely melted, do not hesitate to mix it with a hand mixer.

Step 6: Add little by little the oil to the cream while mixing with your stick mixer/ whisk. Keep mixing until you see the texture of the ganache changes and thickens. Your ganache is now ready. Put your preparation in the freezer covered with plastic wrap.



Part 3: The Macaron

Step 1: Put 55g egg whites (i.e. 2 egg whites) in a serving bowl. Leave the two other egg whites aside, we are going to use it on Step 3.

Step 2: Take a strainer and put it on a serving bowl. It is time to add 150g almond powder and 150g icing sugar together in the strainer. Shake it to remove imperfections and mix them together.

Step 3: For the almond paste, add the two remaining white eggs that you have not used in the mix. Then, add a little bit of green food colour and mix in until you get a green paste. Then, leave it aside.

Part 4: The Italian Meringue

Step 1: Put 50g of water and 150g sugar in a saucepan on medium heat until it reaches 118°C.

Step 2: While the sugar and water are bubbling, take another serving bowl and stir the two egg whites with the help of a hand mixer. Then, take out the dish from the freezer. Your paste must be dry.

Step 4: When the water and sugar start bubbling in the saucepan, use a thermometer to get the perfect temperature.

Step 5: Turn off the saucepan and add all the syrup in the bowl including egg whites. Increase the speed of the mixer until the consistency becomes solid like a meringue.

Step 6: Add the Italian meringue to the almond paste. Mix them progressively faster until it becomes shiny.



Part 5: Baking

Step 1: Pre-heat the oven at 170°C. Take a pastry/piping bag and put the Italian meringue mix inside. Once it's done, cut the end of the pastry bag.

Step 2: Cover your oven tray with baking paper.

Step 3: With your pastry bag, draw the macarons on the tray. Make sure there is enough space between them, and their form is regular. Once it's done, let it rest for 20 minutes before putting it in the oven.

Step 4: After resting, put the macarons on the oven for 4 minutes at 170°C. Then, turn the tray on the other side and put your macarons for 4 minutes again.

Step 5: Let the macarons cool down.

Step 6: When the ganache is ready and the macarons have cooled down, assemble the first and second shell of the macaron and put the ganache inside. Then, stick the two shells together.

You are now ready to cook French macarons!

Bon appétit !

Vive l'Australie, vive la France !

The FACCI team

