

LYCHEE AND PISTACHIO MACARON ICE CREAM SANDWICHES

INGREDIENTS:

FOR PISTACHIO ICE CREAM:

1 batch of easy flavored ice cream, flavored with Pistachio Flavor Fountain

FOR MACARON SHELLS:

130 grams super fine almond flour
130 grams powdered sugar
90 grams castor sugar
100 grams egg whites, aged, room temperature
¼ teaspoon LorAnn Cream of Tartar
2 drops LorAnn Pink Liquid Gel Food Coloring
½ teaspoon LorAnn Lychee Super-Strength Flavor



DIRECTIONS:

FOR PISTACHIO ICE CREAM:

1. Oil 9x13 baking dish and line with plastic wrap.
2. Prepare ice cream as directed.
3. Once processed in ice cream maker, use off-set spatula to spread evenly.
4. Cover with plastic wrap and freeze overnight.

FOR MACARON SHELLS:

1. Before beginning, make sure to wipe your utensils, bowls, and beaters/whisk attachment with a little alcohol or vinegar to remove any trace oils. Oil can deflate your meringue.
2. Prepare baking trays with parchment paper.
3. In a medium sized bowl, sift together powdered sugar and almond flour.
4. Add egg whites to mixing bowl. Beat on low speed until egg whites become foamy, then add cream of tartar.
5. Once the bubbles become dense and you can start to see tracks from the beaters, slowly add in the sugar, and increase the speed to medium.

6. Just before the eggs reach stiff peaks, add in pink liquid gel food coloring and lychee flavoring.
7. Once your meringue has reached stiff peaks, fold in the almond flour and powdered sugar mixture 1/3 at a time.
8. To test batter readiness, let batter run off spatula. If the batter melts into the rest of the batch within 30 seconds, the batter is ready. If the batter is still too stiff, continue to fold, spreading the batter onto the sides of the bowl to remove some of the air.
9. Add batter to piping bag and pipe 3-inch circles.
10. Tap the tray several time to remove air bubbles and let rest for 30 minutes, or until a skin has developed.
11. Preheat oven to 320°F. Bake on middle rack for 18 minutes.
12. Let them cool on the pan near the open oven so they aren't shocked by a sudden temperature change.
13. Once completely cooled, remove from tray.

ASSEMBLY:

1. Remove ice cream from freezer to let soften a bit.
2. Arrange macarons in pairs, one flat side up and one flat side down.
3. By now, the ice cream should be defrosted just enough to remove the slab from the dish. This will make it easier for the next step.
4. Using a biscuit cutter, the same dimensions as the macarons, cut circles from the slab of ice cream and place round on flat side of macaron. Top with second macaron, flat side touching the ice cream.
5. Wrap sandwich in plastic wrap and place in freezer until ready to eat.
6. Repeat until you run out of ice cream and macarons.

Share your creations with us on social media!
#lorannoils @lorannglobal



LORANNOILS.COM