



Tan Phay Shing holds a postgraduate degree in Mechanical Engineering and worked in engineering research before she chose to stay home to spend time with her children. However, her experiments did not end when she left the lab. Today, she continues to conduct experiments, albeit of a different kind, in her home kitchen, where she bakes creative macarons, choux pastry, cookies and chiffon cakes.



Phay Shing is also the author of *Creative Baking: Macaron Basics*. She shares a blog, LovingCreations4U, with Susanne Ng, author of *Creative Baking: Chiffon Cakes*, *Creative Baking: Deco Chiffon Cakes* and *Creative Baking: Deco Chiffon Cake Basics*, where they delight readers with their unique creations. Visit their blog to learn more.



CREATIVE BAKING

For Review

Macarons

The stuff of dreams, macarons never fail to delight. These delicate meringue-based confections are perfect as a teatime treat with friends, or prettily packaged as a gift whatever the occasion. Now creative baker Tan Phay Shing has made the little confections even more irresistible by adding a touch of creativity and a whole lot of cuteness to the mix.

Instead of the typical circular macarons, this collection features macarons in various shapes and sizes, from animals to vehicles and things around the house. You'll also find recipes for a wide range of macaron fillings that are full of flavour and not too sweet. Complete with printable templates, illustrated step-by-step instructions and tips on perfecting your macaron-making technique, *Creative Baking: Macarons* has all you need to start mixing up these treats!

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www.marshallcavendish.com/genref

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Tan Phay Shing

CREATIVE BAKING *Macarons*

Marshall Cavendish Cuisine **mc**

CREATIVE BAKING

For Review

Macarons

Includes FREE printable design templates

Tan Phay Shing

Find more creative baking ideas in



Chinese edition available



- Fully illustrated step-by-step instructions for all recipes
- Perfect for any occasion, from celebrations to special treats for all the family
- Makes excellent food gifts and party favours

For Review Only
CREATIVE BAKING

Macarons

Tan Phay Shing



For Review Only

Dedication

To my husband Jianlong,
our children Mun Yew and Mun Zhong,
and my mum and dad



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For Review Only

Introduction

Macarons! You either love them or hate them. This delicate French confectionery has a reputation of being difficult to master, despite being made up of only almond powder, sugar and egg whites. Yet, they have an irresistible draw for me, a person who does not have a sweet tooth and who used to shy away from making meringues, the base of macarons, for fear of failure!

I was first inspired to try making macarons when I saw the beautiful creations of some home bakers. Desiring to do the same, I put aside my fears and whipped up an initial batch of macarons. But what came out of the oven looked more like tuiles! The mixture had spread to almost twice the size of the dollop that I had piped and there were many tiny holes all over the surface. Undeterred, and with the advice of an experienced fellow baker, Vanessa, I tried again and again, until I found my groove.

Besides making pretty macarons, I also enjoy making special fillings to go with the shells. I like pairing the shells with fillings that are savoury or sour to create delicacies that are light, full of flavour and not too sweet, and which will almost melt in your mouth.

I hope this book will inspire you to try your hand at making macarons, and not just round ones, but beautiful works of art that taste as good as they look! Don't be discouraged if your early attempts don't turn out well. With practise, you will get better! Just have fun!

Happy baking!

Phay Shing

For Review Only

My Favourite Things





Teacup Macarons

Makes 40–50 macarons

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Mass

200 g almond powder
200 g icing sugar or lavender
icing sugar (see Note)
1 Tbsp dried blue pea flowers
(optional)
80 g egg whites,
at room temperature
Sky blue and royal blue
gel food colouring

Italian Meringue

80 g egg whites,
at room temperature
200 g sugar
75 g water

Finishing

Pink royal icing (page 29)

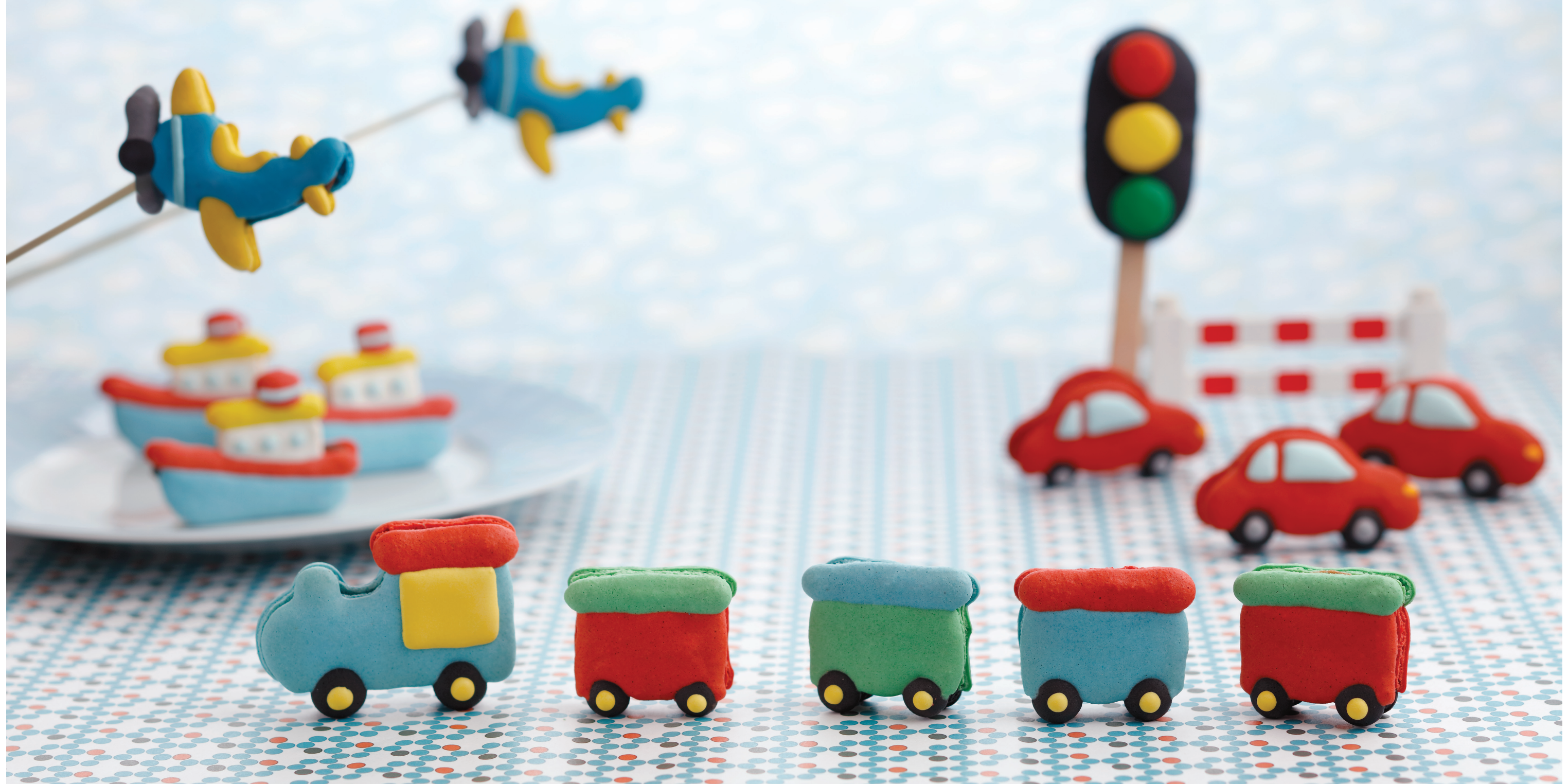
Suggested Filling

Lavender SMBC (page 36)

Note: To make lavender icing sugar, place 2 Tbsp dried lavender flowers in an airtight jar with 250 g icing sugar. Set aside for at least a week before using.

1. Prepare baking tray and teacup template (page 117).
2. Prepare mass. Sift together almond powder and icing sugar. Mix well.
3. Place blue pea flowers into egg whites for mass and let steep (page 27), if using.
4. Add blue coloured egg whites to almond mixture and mix well. Add a little gel food colouring until desired shade is reached. Mix well.
5. Prepare Italian meringue (page 16).
6. Prepare macaron batter (page 18). Fold meringue into mass.
7. Spoon 2 Tbsp batter into a piping bag fitted with a 3-mm round tip and remainder into a piping bag fitted with a 6-mm round tip.
8. Using larger tip, pipe body of teacup onto baking tray using template as a guide. Tap tray to release trapped air bubbles. Set aside for 15 minutes or until a thin membrane forms.
9. Using smaller tip, pipe base and handle of teacups onto top shells.
10. Let shells dry (page 20).
11. Bake in a preheated oven at 135°C for 17–20 minutes with tray on bottom rack. Rotate tray halfway through baking. Let shells cool on tray before removing.
12. Prepare some pink royal icing. Spoon royal icing into a piping bag fitted with a 2-mm piping tip and outline rim of teacups. Set aside to dry for an hour.
13. Prepare filling. Sandwich shells with filling. Store in an airtight container and refrigerate for at least 24 hours before serving.

For Review *Around Town*

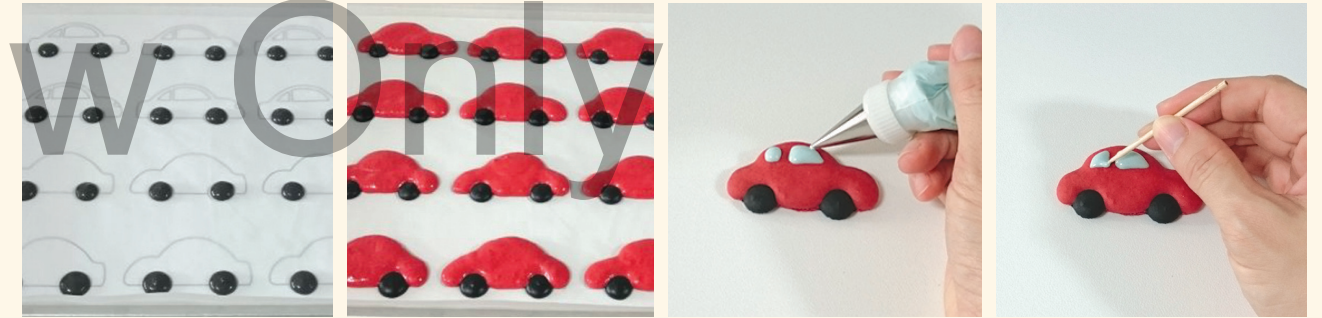


Speedy Car Macarons

Makes 40–50 macarons



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Mass

200 g almond powder
200 g icing sugar
80 g egg whites, at room temperature, divided into 60 g and 20 g portions

Colouring for Mass

5 g red yeast powder (optional)
5 g charcoal powder
3 g beetroot powder (optional)
1/8 tsp strawberry emulco
Red and black gel food colouring

Italian Meringue

80 g egg whites, at room temperature
200 g sugar
75 g water

Finishing

Light blue, grey and orange/yellow royal icing (page 29)

Suggested Filling

Strawberry SMBC (page 34)

1. Prepare baking tray and car template (page 121).
2. Prepare mass. Sift together almond powder and icing sugar. Mix well. Divide almond mixture into 300 g and 100 g portions.
3. Sift red yeast powder into 300 g portion if using. Mix well. Sift charcoal powder into 100 g portion. Mix well.
4. Dissolve beetroot powder into 60 g egg whites if using. Add to red almond mixture with strawberry emulco and a few drops of red gel food colouring to obtain desired shade.
5. Add 20 g egg whites and a few drops of black gel food colouring to black almond mixture to obtain desired shade. Mix well.
6. Prepare Italian meringue (page 16).
7. Prepare macaron batter (page 18). Fold three-quarters of meringue into red mass and remaining meringue into black mass.
8. Spoon batters into individual piping bags each fitted with a 4-mm round tip. Pipe wheels with black batter using template as a guide. Tap tray to release trapped air bubbles.
9. Pipe car body with red batter using template as a guide. Begin by tracing outline of car, then filling with batter. Use a toothpick to pull batter into corners and around wheels. Tap tray to release trapped air bubbles.
10. Let shells dry (page 20).
11. Bake in a preheated oven at 140°C for 16–20 minutes with tray on bottom rack. Rotate tray halfway through baking. Let shells cool on tray before removing.
12. Prepare some light blue, grey and orange/yellow royal icing. Spoon into individual piping bags each fitted with a 1-mm round tip. Pipe windows, rims and headlights. Use a toothpick to pull icing into edges. Do this only for top shells. Set aside to dry for 1–3 hours.
13. Prepare filling. Sandwich shells with filling. Store in an airtight container and refrigerate for at least 24 hours before serving.

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Animal Friends

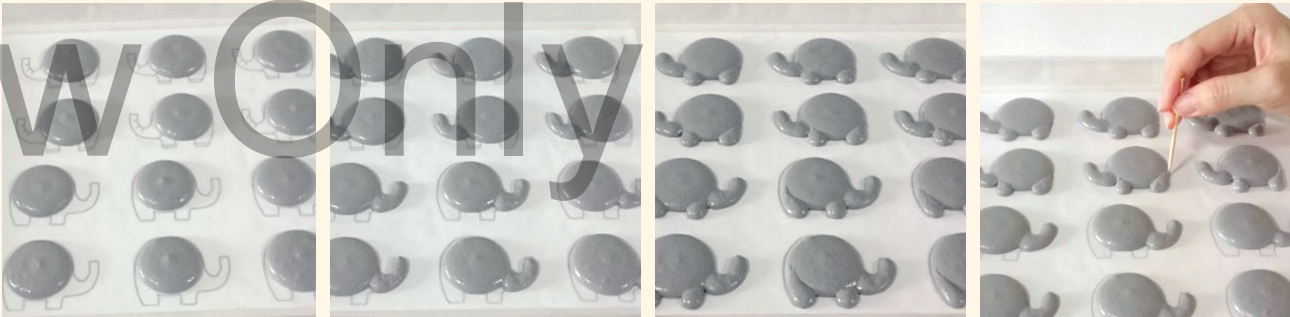




Happy Elephant Macarons

Makes 35–45 macarons

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Mass

- 200 g almond powder
- 200 g icing sugar
- 1 tsp charcoal powder
- 1/2 tsp instant Earl Grey powder (optional)
- 80 g egg whites, at room temperature

Italian Meringue

- 80 g egg whites, at room temperature
- 200 g sugar
- 75 g water

Finishing

Black edible ink marker

Suggested Filling

Earl Grey white chocolate (page 40)

1. Prepare baking tray and elephant template (page 124).
2. Prepare mass. Sift together almond powder, icing sugar, charcoal powder and Earl Grey powder. Mix well. Add egg whites and mix well.
3. Prepare Italian meringue (page 16).
4. Prepare macaron batter (page 18). Fold meringue into mass.
5. Spoon batter into a piping bag fitted with a 6-mm round tip.
6. Pipe circles for elephants using template as a guide. Pipe curved line for trunk. Pipe short lines for legs, then use a toothpick to pull batter into shape. Tap tray to release trapped air bubbles.
7. Let shells dry (page 20).
8. Bake in a preheated oven at 135°C for 17–20 minutes with tray on bottom rack. Rotate tray halfway through baking. Let shells cool on tray before removing.
9. Use a black edible ink marker to draw details on elephant.
10. Prepare filling. Sandwich shells with filling. Store in an airtight container for at least 24 hours before serving.