

Manjari plant-based macarons




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Manjari plant-based macarons

AN ORIGINAL RECIPE BY *L'École Valrhona*

Makes approximately 25 macarons

Difficulty level 🍪🍪🍪

Prepare a day in advance:

MANJARI 64%
plant-based ganache

Make on the day:

Cocoa macaron shells

You will need:

8mm plain round nozzle
for piping the macarons
12mm plain round nozzle
for filling the macarons
Immersion blender
Piping bag
Thermometer

MANJARI 64% PLANT-BASED GANACHE

Preparation time: 15 minutes

Refrigerate for: 12 hours

130g Oat drink
7g Potato starch
20g Acacia honey
110g **MANJARI 64%**
chocolate

Melt the **MANJARI 64%** chocolate.

Heat the oat drink, starch, and honey to 160/170°F (70/75°C).

Combine this with the melted **MANJARI 64%** chocolate in 3 stages.

Blend with an immersion blender to perfect the emulsion.

Pour the mixture out into a rectangular container so that it sets more effectively and cover its surface with plastic wrap.

Set aside in the refrigerator, ideally for 12 hours.

EQUIVALENTS

GUANAJA 70%

100g

COCOA MACARON SHELLS

Preparation time: 30 minutes

Baking time: 16 minutes

80g Almond flour
15g Cocoa powder
100g Confectioners' sugar
70g Aquafaba
100g Sugar
35g Water

Mix and sift together the almond flour, cocoa powder, and confectioners' sugar.

Beat 35g of aquafaba in a bowl using an immersion blender fitted with a whisk attachment.

Cook the sugar and water at 230/235°F (110/112°C) and pour them into the beaten aquafaba.

Beat until cool.

Add the 35g of aquafaba which you haven't beaten.

Gently mix this with the dry ingredients using a spatula or scraper.

Use a piping bag fitted with a plain round no.8 nozzle to pipe the macarons onto parchment paper.

Bake at 300°F (150°C) in a fan-assisted oven for 16 minutes.

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(continued)

ASSEMBLY

Preparation time: 15 minutes

Turn the cooked and cooled macarons over, fill them with ganache using a piping bag with a 12mm plain round nozzle, and stick the shells together. You can store your macarons in the freezer.

Chef's tip

The French language has a special word to describe how to mix macarons. The verb “macaronner” means to combine ingredients together gently using a spatula or scraper until the mixture is smooth and shiny and doesn't have any air bubbles.

Nutritional advice

Because it forms a light, airy mousse, chickpea juice, also known as aquafaba, is an ideal substitute for egg whites in macaron recipes for vegans and anyone who wants to avoid eggs.
