

# Salt and Serenity

## Hazelnut Macaron Coffee Ice Cream Sandwiches

Makes 10 ice cream sandwiches.

### Notes

1. The day before you plan to make these, separate 4 large eggs. Freeze or discard the yolks and put the whites in a bowl in the fridge overnight to age and dry out somewhat. Remove them from the fridge about 2 hours before you plan to make them so that they can come to room temperature.
2. A scale is necessary for measuring out the ingredients. There is too much margin for error when scooping into measuring cups. Macarons are finicky!
3. If you can't find fine ground granulated sugar, just give regular granulated sugar a whiz in the food processor for 30 seconds.

### For macaron shells:

100 grams egg whites (about 3 egg whites, aged for about 24 hours)

130 grams hazelnut meal (ground hazelnuts)

160 grams icing sugar

80 grams finely ground granulated sugar

1 500-ml. container coffee ice cream

1 500-ml. container vanilla ice cream

1. Find a drinking glass that measures about 2 1/2 inches across. Using a sheet of parchment paper measuring the same size as your baking sheets, trace out staggered rows of circles, spacing the circles about 1/2 inch apart. This will be your template to help you pipe even sized macarons. If you have 13 x 18 inch baking sheets, you should be able to get about 12 circles (3 across and 4 down).
2. Lay the circle drawn sheet on stacked baking trays and cover with a second piece of blank parchment. You may want to paperclip them together so they do not slide when piping. Set aside.

3. In the food processor, grind hazelnut meal and icing sugar until they resemble a finely ground powder, about 2 minutes. Transfer ground almond mixture to a sieve, set over a large bowl and using a rubber spatula or back of a spoon, push the mixture through the sieve into the bowl. This process ensures a smooth and shiny macaron shell.
4. Using an electric mixer with a very clean bowl, beat egg whites on low speed and gradually increase to medium speed until egg whites are foamy and soft peaks have just started to form. Gradually add in castor sugar, a tablespoon at a time and continue beating on medium speed until whites are glossy and form a stiff peak.
5. Fold the egg whites into the hazelnut mixture. You don't have to worry about being too gentle here. You are making a cookie not a meringue. The best way I have learned from [www.youcandoitathome.com](http://www.youcandoitathome.com) is to mix quite vigorously for the first 10 strokes and then lift the mixture with spatula, turn and push it against the bowl. Lift, turn and push, lift, turn and push, until you achieve a well-combined and shiny mixture. The finished batter will be thick and smooth and flowing. Be careful not to over mix or your meringues will be flat.
6. Fit a disposable piping bag with a ½ inch plain round piping tip. Stand pastry bag with tip in a tall glass or pitcher and fold down top of bag, over sides of pitcher. Fill pastry bag about 2/3 full. Twist top of bag closed. Pipe batter onto prepared baking sheets, using circles as a guide. Most likely your piped macarons will have a little nipple or peak on them. Tap the tray on the counter to slightly flatten them out.
7. Put rack in middle position in oven. Preheat oven to 320°F/350°F (convection /conventional oven). Let the macarons sit at room temperature for about 30-60 minutes so that the tops can dry out a bit before baking. This will help them rise a bit better. After 30 minutes, touch the top gently with your finger. If it does not stick to your finger, they are ready to bake.
8. Just before baking, reduce oven temperature to 275°F/320°F (convection/conventional). Bake, one sheet at a time for about 12-14 minutes, rotating the tray after 7 minutes for even baking. You will notice after about 5 minutes, little feet will start appearing as the macarons begin to rise. This is the mark of a well made macaron. You will know they are ready if you are able to slightly nudge the macaron with your finger and it slides. If they do not move at all, they need a few more minutes.

9. Set baking sheet on a cooling rack and let cool for a few minutes. Remove macarons from parchment paper and set aside on a wire rack to cool completely.
  
10. Let the coffee ice cream sit at room temperature for about 15 minutes. Line a baking sheet with plastic wrap. Spread coffee ice cream over baking sheet in an even layer, about  $\frac{1}{4}$  inch thick. Cover with plastic wrap and freeze for another few hours. Let vanilla ice cream soften for 15 minutes. Spread vanilla ice cream over coffee ice cream. Cover with plastic wrap and freeze for at least 4 hours.
  
11. Remove ice cream from freezer. Select a cookie cutter the same size as macarons and cut out circles. Sandwich between 2 macarons. Store sandwiches in an airtight plastic container in the freezer until ready to serve.