



## Lavender Macarons with Caramelized Honey Buttercream

Recipe by Cindy Summers and Bess Ronchetti from Sugar Fixé

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### Ingredients

#### Macarons

135 grams almond flour  
135 grams powdered sugar  
52 grams egg whites  
135 grams granulated sugar  
33 grams water  
50 grams egg whites  
½ t dried lavender

#### Italian Meringue Buttercream

17g water  
13g corn syrup  
70g sugar  
68g egg whites  
pinch of salt  
25g sugar  
202 g unsalted butter (soft)  
4g vanilla extract

**Note:** We made Italian meringue buttercream but any buttercream will do. American buttercream will result in a sweeter macaron filling.

#### Caramelized Honey

1/3 cup honey  
2 tablespoon heavy cream  
¼ teaspoon salt

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### Preparation

#### Macarons

1. Mix almond flour, powdered sugar and lavender in food processor. Pull out any large pieces of lavender.
2. In bowl, mix almond flour mixture with 52g egg whites until it forms a paste. Set to the side.
3. In saucepan, heat sugar and water until 246 degrees F. While sugar is heating, start whipping 50g egg whites in a stand mixer on medium speed. Once the sugar hits 246 degrees, remove from heat and slowly stream hot sugar into the frothy egg whites. Once all sugar has been added turn mixer to high and whip until the meringue is almost cool.
4. Add meringue in three additions to the almond flour mixture. Fold using a spatula. Mix until the batter has the consistency of honey.
5. Pipe into half-dollar size rounds onto a sheet pan lined with parchment or silicone baking mat. Gently tap the bottom of the sheet pan to settle the batter.
6. Let the piped batter sit at room temperature for 20 minutes to allow the batter to dry on the outside.
7. Bake at 300 degrees for 18-20 minutes or until the cookies rise and form a “foot” around the bottom edge.
8. Let cool and fill with caramelized honey buttercream.

#### Italian Meringue Buttercream

1. Combine water, corn syrup, and 70g sugar in saucepan. Bring to a boil and cook syrup to 250 degrees F.
2. While sugar is heating begin whipping egg whites and salt in stand mixer on medium speed. Slowly stream in 25g sugar.
3. Once the sugar syrup hits 250 degrees, remove from heat and slowly stream into soft peak egg whites whipping on medium speed. Once all sugar syrup has been added, turn mixer to high and whip until meringue is cool. Reduce to medium speed. Add butter in three additions. Add vanilla. Turn mixer to high and whip for 2 minutes.

#### Caramelized Honey

1. In saucepan, cook honey over medium low heat until it reaches a deep amber color. It should smell very nutty. Take saucepan off the heat. Whisk in cream and salt and let cool to room temperature. Add cool caramelized honey to 300 grams of your favorite buttercream.
2. Use piping bag to pipe Caramelized Honey Buttercream onto half of the macaron shells. Sandwich with another shell. Wrap and place the filled macarons in the refrigerator for 24 hours (we call this the aging process). Bring macarons to room temp for one hour.

**Enjoy!**