

MACARON PAINTING

BY CUPPLETS
WWW.CUPPLETS.COM





A Journey in Process

Cupplets started humbly on 2nd November 2013 by 2 bright-eyed individuals in an industry unknown.

Through opportunities and challenges did they understand and grow to love the craft they are able to create through desserts.

Now, with the platform available, they bring to you a start of a series of online workshops to inspire and motivate aspiring bakers or artists alike to learn from one another to explore creativity in multiple magnitude through a single channel- desserts.

For this series, we will be touching on handpainted macarons. We encourage to go beyond the templates provided as it is only to serve as a foundation to the boundless possibilities of what you can create.

Enjoy & Good Luck!





ABOUT THE COURSE

In this course, you will get to learn the creative perspective of designing and the techniques to painting your macarons.

Once you have purchased this course, you will be given access anytime to the course materials.

You can simply learn at your own pace anywhere, anytime.

Get your brushes ready and paint on!



TOOLS & INGREDIENTS

When it comes to macaron painting, make sure to lay down your colors and brushes within your reach. The essentials are few and are easily available.

What you need:

1. Fine thin brushes
2. Coloring Gels
3. Alcohol

Let's not forget, macarons. If you would like to prepare your own macarons, you can refer the recipe and preparation in the next page.



Coloring Gels

We used mainly Americolor, Wilton and Chef Master brand for our coloring gels.

Coloring gels are easy to use and it does not wet the shells of the macarons. They work well with alcohol.

***DO NOT USE WATER OR ANY OTHER LIQUID SOLUTION TO DILUTE YOUR COLORING.**

We only used alcohol, as it evaporates fast after application which prevents the shells from being destroyed. Water or other liquid solution can cause the surface of the macaron to become wet. There is no way to reverse the problem. Do make sure your hands are dry before painting your macarons.

Macaron Making

Ingredients you need:

1. 300g super fine almond flour
2. half tsp salt
3. 300g icing (powdered) sugar
4. 300g fine sugar
5. 78g water
6. 2 portions of 110g egg whites
7. Coloring Gel (if needed)

Tools & Equipments you need:

1. electrical conductor or open fire stove
2. oven
3. thermometer
4. stand mixer
5. small pot
6. rubber spatula
7. round piping tip
8. silicon or teflon mat
9. macaron circle template
10. piping bag

Steps:

1. Sieve your icing sugar, salt and almond flour into a bowl and put aside.
2. Pour in your first portion of 110g eggs white into mixing bowl and fit into your stand mixer. Attached your whisk.
3. Add 78g of water and 300g fine sugar into pot and let it boil until it reaches 118 degrees. Do not stir the mixture.
4. Once the sugar mixture reaches 118 degrees, pour into mixing bowl and start whisking on high until meringue is formed. Turn the mixer on medium high and stop once meringue reaches stiff peak.
5. In a clean bowl, scoop meringue in. Pour in your dry ingredients and the second portion of 110g of egg whites into mixing bowl. Attached K-beater, and let the almond mixture beat until it turns into a paste. This step should only take an estimate of 10 -12 seconds.
6. Split the meringue into 2-3 portions and slowly fold in into the almond paste.
7. Once your macaron mixture is folded nicely into a *ribbon stage, you can add your coloring if required.
* When folding the macaron mixture with your spatula, lift your spatula up and draw a number 8. If it drips like ribbon and holds its shapes in the number 8, stop mixing.
8. Place your round tip into a piping bag and pour macaron mixture in. Follow your macaron template, and piped your macaron mixture on a silicon or teflon mat.
9. Turn on oven to heat at 140 degrees.
10. After piping, let mixture dry for 20-30 mins. Test it by gently placing your finger on it, if the mixture does not stick to your finger, you can prepare to bake it. Bake your macarons for 20 mins.
*You can alternate the trays for every 10 mins for even baking.





How it started?

We started painting on macarons back in 2016. The work wasn't at its finest then. We begin with painting polka dots, and some zig zag lines, followed by roses and other blooms. From one macaron to another, the experience had pushed us to want to make better macarons because the ones we made always had the tendency to have a hollow and rough macaron shell.

After tens and twenties of trial and error, we were able to achieve a smooth macaron shell with a better recipe. Now with a smoother surface macaron, we wanted to improve our painting.



**First few macaron painting in 2016*

Nothing beats better than drawing on a nice surface. It creates a whole package- better macaron, better painting. Just the thought of it encouraged us to move forward to creating a better product.



"Although it seemed challenging at first drawing on a small surface, I enjoyed the whole process. I was not very good at drawing on big drawing blocks because I can't seem to gauge the size of the image right. When I realised that drawing figurines on a tiny area was easier for me to cope, it sparked off an interest. From one painting to another, I sat down with my paint brush and embark my macaron painting journey for the next 2 years.

I began experimenting more intricate flowers and played with glitter and gold. The creative juice began kicking in as I worked around with different colors.

It is for the very reason that I enjoyed the process which had contributed to a steep learning curve."

-Sam



Finding a source of inspiration is important because it helps us to visualize better on the colors and images we would like to paint on the macarons.

Flowers have always drawn a connection to us. The soft petals, floaty stems, and imaginary colors are a reflection of our personal style when we create our desserts, and that includes our macarons.

Painting with a Free Mind.



Before you hold on that brush, grab your phone or ipod and play your favourite song. During the course of sharing our experience about macaron painting, I'd realise the most common comment that we received is, "I don't think I can do it."

I wouldn't say it is easy. Nothing is. If it is, then there is nothing to learn at all.

Don't kill your momentum by telling yourself that you can't do it, because that is like throwing your brushes into the bin.

Before you can start teaching yourself to paint that stroke, you need to know that TIME IS GOING TO MAKE IT WORK. Everyone learns at a different pace. You may take this painting lesson and be painting the world. No one would ever know what's to happen next. So why are you even painting your destiny in your head by saying you can't.

Let me tell you this, all things begin with a CAN. I CAN DO THIS. I CAN TRY. I CAN MAKE IT THROUGH. That's right, the possibilities is endless, so is your determination.





Paintbrushes

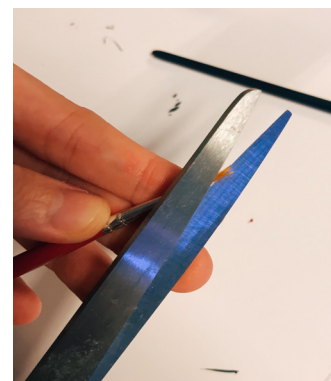
Dealing with Stray Paintbrush Hair

For painting on a small circumference, fine brushes are needed. You may need to DIY on your own if you find that your brush hair doesn't seem to fall into place.

To achieve fine brushes, we will use a scissors to trim the hair to make it thinner so that we can create more intricate strokes.



Unrefined brush hair



Use a pair of scissors to trim off stray brush hair.

Creating Sharper Paintbrush Hair

To achieve a pointed brush for drawing fine lines, prepare a small glass of hot water and let your brush sit in for awhile. Remove the brush, and used a tissue and squeeze your brush hairs by twisting it. This method will help to hold your brush hair together before dipping into your coloring gel. You may require to repeat this step multiple times if needed. (Refer steps below)



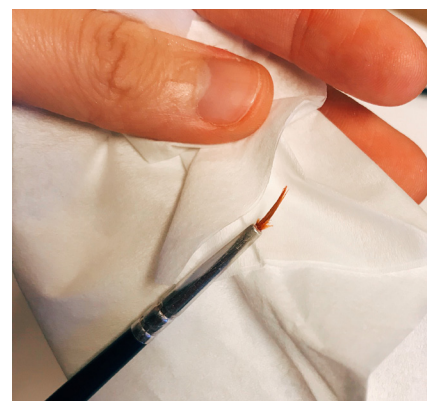
Step 1: Dip brush in hot water.



Step 2: Place the brush on a tissue.



Step 3: Dry your brush with the tissue by twisting it a few times.



There you have it, a fine pointed brush!



Water & Alcohol & Coloring Gels

Hold on! We know you are excited to get all colourful with your macarons. Give me a few more pages, and you are good to go. You really have to read on this one.

Water and Rum

It is important to know what are they are used for. Sometimes we used 1 or 2 brushes to dip on multiple colors. However, not cleaning your brushes properly before dipping on a new color may not create the correct color shade you want due to the overlapping of colors.

Always prepare your water in a clear glass. Water is used to wash your coloring off your brushes if you are intending to change color. Make sure to dry your brush before dipping into alcohol and then mixing into your coloring gel. Like we mentioned before, water and macaron don't work well together. Also, too much alcohol on your macaron is a big NO-NO. So do not over-dilute your coloring with too much alcohol. Reason being, too much liquid (in this case alcohol), takes longer time to evaporate and dry, and that causes you macaron shell to become wet & soggy.

Coloring Gels

We prefer to use saucer or desert plates to line our coloring gels. Having your colors ready helps you to get into the mood and momentum as you paint. Feel free to mix your colors to create a unique color tone.

Standby a piece of rough paper on the side to test out the colors if needed before painting on your macarons.





SAKURA MACARON PAINTING

Creating your Inspiration PinBoard

We will be lying if we told you that we were in control of everything and we just had to hold the brush and paint away. That only happens in fairyland.

Let's get back to reality. Not all the time we know what we want to paint. We may have some blur images in our head or color inspiration, but that is not going to move things anywhere.

An inspiration pin-board helps to train your mind to conceptualize the bits and pieces of inspiration that you have. Your inspiration can come in many forms- feelings, color, object, image or scenery.

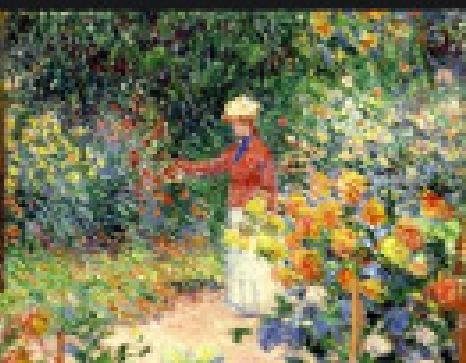
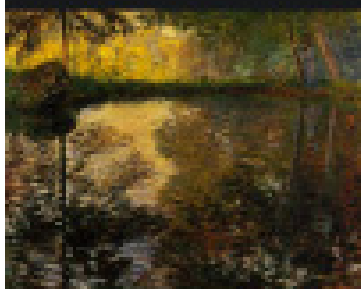
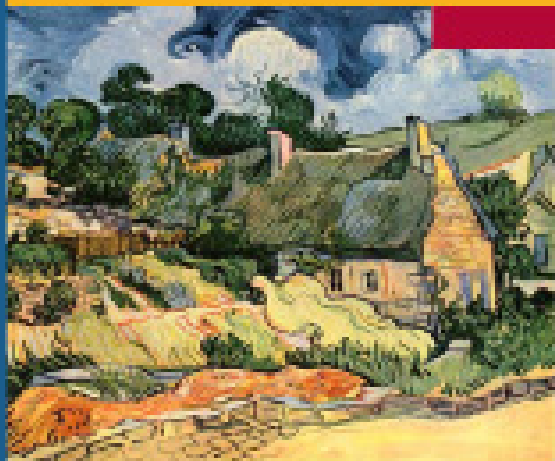
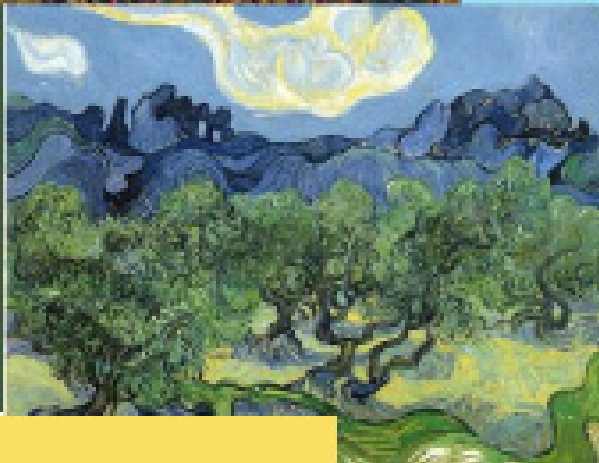
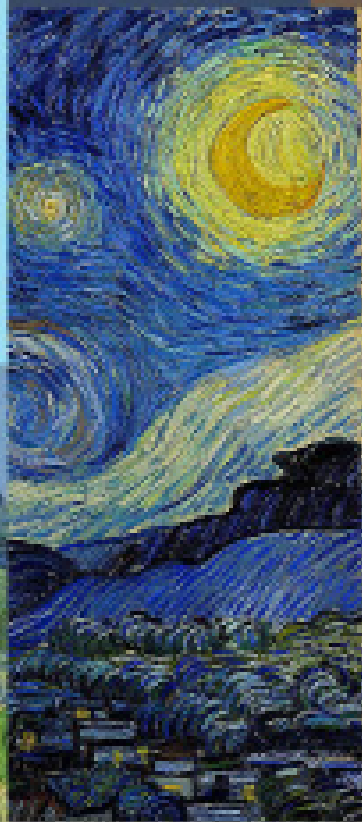
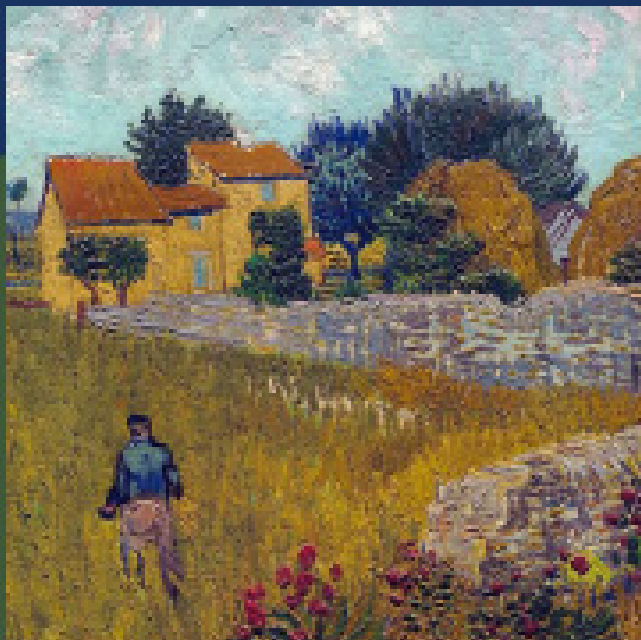
Unlike drawing on paper with a pencil, if you make a mistake, you can always erase and try again. Painting directly on an object is a whole new other level. You need to know what you want to paint.

By having your inspiration pin-board on the side, you can plan your color palette and sketch your ideas to form a more concrete image.





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We used Photoshop to create our inspiration pin-board. In this board, you will notice that the colors used are bold and dull. Blue is seen as the primary color. I was first inspired by Vincent Van Gogh's *Starry Night*. From that image I branched out to searching his other paintings. From one to another, I was led to Monet's work. I was captivated by his paint strokes, and so I compiled a number of his paintings into the board.

As I am adding on the images, I would select and place the color bars that I would want to use. Those that are more distinct, I will make sure the color bars are more prominent. For subtle colors, the color bar will appear thinner.

By doing so, I am creating a visual summary of what I want to paint on the macarons. Having the images incorporated in is useful as it works as a guide and reference.

Everyone starts off by emulating other works. It is a way of being inspired and discovering your personal preference and painting techniques.

So have fun with it!

**A sample of an inspiration pin board is done on the previous page. The images are derived from Pinterest (via various sources). The images is ONLY used for reference purposes.*



Can I do without an Inspiration-Pin Board?

Definitely you can. The inspiration pin-board is a method to help guide you better on conceptualizing your designs you wish to paint on your macarons. If you prefer to go with the flow and paint right on, feel free to do so.

However, if you find it hard to get started, an inspiration pin-board may be useful for you. There are many other ways to create an inspiration pin-board. You can create your very own- whichever that is better in helping you to organize your thoughts and inspiration.





CUPPLETS DESIGN TEMPLATES

Like any structure, a blueprint is required. Below are 12 different design templates mapped out for your ease of reference.

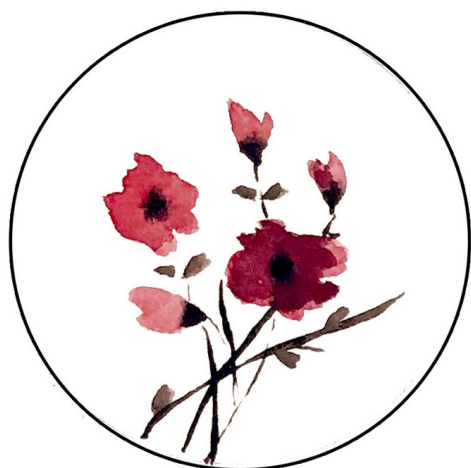
Starting from the foundation, it is able to branch out into various panels depending on your creativity.

Overlays and fillers are added to create contrast and dimension to the overall design.

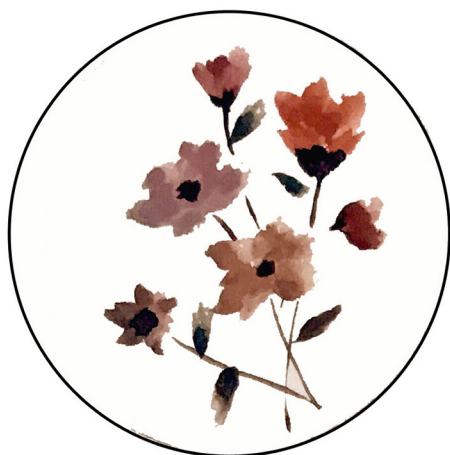
Lastly, it can be dust in gold or 23k edible gold flakes for the added flare .



MACARON FLORAL TEMPLATE 1



MACARON FLORAL TEMPLATE 2



A watercolor illustration of various flowers and leaves in shades of red, orange, yellow, and purple, scattered across a light cream background. The style is soft and painterly, with visible brushstrokes and blended colors.

Thank you once again for your purchase.
Continue to be inspired and be an inspiration.

Live what you love.

xoxo,
Ernest & Sam

