

**List of ingredients for the “Tempting Macarons” course
by Aleksandr Trofimenkov**

Name	Quantity, grams	Comment
All-purpose flour	32	
Almond powder	832	
Baking powder	2.5	
Blackberries (fresh or frozen)	100	
Buckwheat flour	30	
Buckwheat honey	62	
Butter 82%	65	
Citric acid	10	
Cocoa butter	20	
Cocoa powder (10-11% fat)	120	
Coconut oil	20	

Coconut puree	50	
Cornstarch	14	
Crème de cassis liqueur	15	
Dark chocolate Weiss Galaxie 67%	55	
Egg white powder	30	
Egg whites	740	From 19 eggs approximately
Elderflower syrup	20	
Feuilletine (wafer crumbs)	40	
Glucose syrup	205	
Grapeseed oil	30	
Greek yogurt	125	
Icing sugar	585	

Inverted sugar	42	
Iota carrageenan	1	
Lemon juice	57	
Mango puree	100	
Milk 2.5%	88	
Natur Emul	2.8	
Orange segments	120	
Orange zest	60	
Peach liqueur	10	
Peaches (fresh)	150	
Pectin (acid-free)	4.5	
Pectin NH	10	
Pectin X58	2	

Pineapples (fresh)	300	
Pistachio paste	30	
Pistachio powder	200	
Poppy seeds	30	+sufficient quantity for decoration
Pure cocoa paste	25	
Raspberries (fresh or frozen)	50	
Raspberry puree	35	
Roasted pecans	190	
Sea salt	7	
Sour cream 30% (drained)	180	
Strawberries (fresh or frozen)	100	
Strawberry puree	150	
Sugar	1181	

Valrhona Passion fruit Inspiration blonde chocolate 32.9%	200	
Valrhona Strawberry Inspiration chocolate 37.9%	250	
White chocolate Valrhona Opalys 33%	375	
Vanilla	½ pod	
Black water-soluble colorant	Sufficient quantity	
Green water-soluble colorant	Sufficient quantity	
Pink water-soluble colorant	Sufficient quantity	
Red water-soluble colorant	Sufficient quantity	
White water-soluble colorant	Sufficient quantity	
Yellow water-soluble colorant	Sufficient quantity	
Whipping cream 35%	415	
Whole eggs	62	1 egg approximately

Xanthan gum	0.7	
Yogurt powder	10	