

Specification of Competency Standards
for the Catering Industry
Unit of Competency

Functional Area - Professional Skills for the Production Section

Title	Prepare French macarons
Code	109659L2
Range	This unit of competency is applicable to all catering food production practitioners involved in preparing French food. French macaron is an airy meringue sandwich commonly filled with jam, ganache, buttercream or others. This UoC concerns competence in producing French macarons using pre-made fillings.
Level	2
Credit	3
Competency	<p>Performance Requirements</p> <p>1. Knowledge for preparing French macarons</p> <ul style="list-style-type: none"> • Possess basic knowledge of the difference between macron and macaroon. <ul style="list-style-type: none"> ○ macarons are prepared with almond, egg white and have a base filling ○ macarons are prepared with coconut flakes and whipped egg whites • Possess basic knowledge of the difference between variations of Macrons. For example: <ul style="list-style-type: none"> ○ Italian: use Italian Meringue = boiled sugar added under the whipped egg whites ○ French: whip eggs together with sugar and crème of tartar • Possess basic knowledge and techniques for making macarons successfully. For example: <ul style="list-style-type: none"> ○ Importance of room temperature ○ Use of fresh egg whites ○ Beat egg whites to stiff peaks or use Italian meringue style ○ Don't over beat the egg-almond mixture ○ Control piping skills and let dry outside before baking • Possess basic knowledge of the utensils used for preparing macarons. For example: <ul style="list-style-type: none"> ○ Oven temperature ○ Kitchen scale ○ Mixer and mixing bowl ○ Sifter ○ Spatula, piping bag • Possess basic knowledge of kitchen's hygiene and food safety procedures <p>2. Prepare French macarons:</p> <ul style="list-style-type: none"> • Comprehend the French macaron recipe • Prepare for producing macarons, such as: <ul style="list-style-type: none"> ○ Preheat oven ○ Measure the ingredients according to the recipe ○ Whip the egg whites ○ Mix the sugar and add egg white, fold under the almond flour ○ Place mixture in piping bag • Beat/whisk the egg whites until stiff peaks form. Avoid over-beating • Fold in the sifted granulated sugar and mix in condiment as required. Avoid overmix. • Fold in the sugar/almond flour mixture until combined and texture is smooth and sticky • Let the batter sit uncovered at room temperature for 10-30 minutes • Fill the piping bag with the batter and pipe evenly sized circle shape onto the baking sheets. Sit for at least 45 minutes and up to 1 hour to help the shell to set and form a dry surface • Bake the French macaron for specified time and then leave for cooling down • Fill and sandwich two shells together to complete the French Macaron cookie

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	<p>3. Exhibit professionalism</p> <ul style="list-style-type: none">• Practice to improve the techniques to produce perfect macarons with little or no wastage
Assessment Criteria	<p>The integrated outcome requirements of this UoC are the abilities to:</p> <ul style="list-style-type: none">• Apply suitable baking techniques to prepare French macarons• Mix the ingredients (flour, sugar, etc.) and determine the texture of mixture is ready for baking. Ensure the French macarons prepared are in good condition. (i.e. no cracking of the shell)• Control the temperature of the oven and baking time to deliver the required results.
Remark	