Using Audacity
It is sometimes necessary to configure the Audio MIDI Utility prior to launch of Audacity. – thus you are reading this!

• Launch Audio MIDI Setup in the Dock or it can be found in the Applications Folder→ Utilities
• Select “Aggregate Device” for the “Default Output” and “Properties For” pulldown menus.
• Make certain that Clock source is set to “Internal” and the sample rate is 48KHz

Launch Audacity