



Blackcurrant & Almond Friands

Sarah's servings: 12, Sarah's Skill: Easy, Baking time: 25 minutes

Ingredients

175g Melted unsalted butter
6 Large egg whites
90g Plain flour
225g Sieved icing sugar
125g Ground almonds
1 tsp Almond essence
100g Blackcurrants
2 Tbsp Flaked Almonds

1 Tbsp Sieved icing sugar (optional)

Method

- Pre-heat the oven to 180 degrees centigrade (160 degrees fan).
- Spray or brush cake release into the individual sections of a friand tin or deep muffin tin.
- Melt the butter in a pan or microwave and set aside to cool.
- Put the egg whites in the bowl of a stand mixer and whisk until they start to go frothy. They do not want to be whisked to stiff peaks. This could easily be done with a hand whisk in a bowl too.
- Add the flour, sieved icing sugar, ground almonds, almond essence and melted butter and fold in gently keeping as much air in the egg whites as you can.
- Divide the mixture between the 12 sections in the friand or muffin tin.
- Add a few blackcurrants on the top of each cake, then sprinkle on the flaked almonds.
- Bake for 25 minutes or until a skewer comes out cleanly.
- Leave to cool for 10 minutes in the tin before trying to remove them.
- Leave to cool completely on a cooling rack, then dust with sieved icing sugar to finish.