



Ginger Friands

Sarah's servings: 12, Sarah's skill: Easy, Baking time: 30 mins

Ingredients

175g Unsalted Butter
6 Large Egg Whites
90g Plain Flour
225g Sieved Icing Sugar
1 Tbsp Ground Ginger
1 Ball Stem Ginger (chopped)
125g Ground Almonds
100g Sultanas
1 Tbsp Sieved icing sugar (optional)

Method

- Pre-heat the oven to 170 degrees centigrade (150 degrees fan) Gas mark 3.
- 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 ginger, stem ginger, ground almonds, sultanas 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.
- Bake for 30 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.