

Raspberry Friands

My raspberry friands are elegant little moist cakes that are made with almond meal for nuttiness, whipped egg whites for lightness and raspberries and lemon zest for a touch of tartness. They're totally divine to eat while still a little warm!



Although friands are more closely related to the French, they remind me of British royalty, Queen Elizabeth to be exact.

I think it's the little ridges along the edge, and the way they rise to form small mounds in the centre, which are dotted with raspberries (they're the jewels), that give them a crown-like look.

Either that, or I've been watching too many documentaries on the royal family!



While the Queen of England probably doesn't do a lot of cooking, even she would find them easy to make.

The recipe was given to me by a friend years ago (source unknown), so when I dug a little deeper, I discovered that it's similar to a Stephanie Alexander friand recipe, (Stephanie is an Australian cook/restaurateur).

If the original recipe is yours Stephanie, then thank you!

Danielle

Preparation Time: 15 mins Cooking Time: 20 – 25 mins

Makes: 10 – 12 oval friands

UPDATE: One of my readers was concerned about the amount of raspberries I recommend. It just depends on how big the raspberries are. I tend to use 2 – 3 raspberries per friand.

Ingredients

- 185 g / 6.5 ounces butter, melted (plus extra for greasing baking tin)
 - 1 cup almond meal
 - 6 egg whites (use large eggs)
 - 1 1/2 cups icing sugar mixture (note 1)
 - 1/2 cup plain flour
 - 1 tsp lemon zest
 - 30 – 40 frozen raspberries (note 2)
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Instructions

- Preheat oven to 180C / 350F
 - Grease baking tin with a little butter (note 3).
 - Place almond meal, sugar, flour in a large bowl and mix.
 - Whisk the egg whites until frothy (about 1- 1 1/2 minutes should do).
 - Combine the egg whites with the melted butter.
 - Pour the wet ingredients and lemon zest into the flour mixture.
 - Stir gently until **just** combined. Try not to over mix.
 - Spoon mixture into moulds until 2/3's full.
 - Scatter the frozen raspberries on top of the friands.
 - Place tin in the oven and bake for 20 – 25 minutes. Test readiness by inserting a toothpick. If it comes out clean, the friands are ready (note 4).
 - Cool on wire racks. Serve with a nice cuppa (note 5).
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Notes

1. I use icing sugar mixture which is softer than pure icing sugar and easier to work with. If you use pure

icing sugar, make you you sift out all the lumps.

2. I use 2 -3 frozen raspberries per friand. You can add them whole or break them up a little and scatter on top as I do.
3. It's your choice whether you use round muffin tins, mini muffin tins or oval friand tins. In this recipe, I have used a combination of an oval friand tin and a mini muffin tin.
4. I baked my friands for 22 minutes. They come out with a lovely warm golden colour and are a bit crispy on the edges.
5. Dust your friands lightly with some icing sugar and enjoy them with some cream or ice cream. As for me, I like mine plain.