

PEAR FRIANDS

Friands are small, delicate oval-shaped cakes made with a batter based on almond and egg white. My rustic version starts with natural almonds, rather than traditional blanched almonds or snowy white almond meal. I am enjoying the last of the pears at the moment so I've used them, but classic friand additions include raspberries and blueberries so feel free to use those instead.



Makes: 8

Time: 30 minutes



INGREDIENTS

- 80 grams (2.8 oz) natural almonds
- 4 egg whites
- 160 grams (5.6 oz) caster sugar
- 120 grams (4.2 oz) unsalted butter, softened
- 80 grams (2.8 oz) plain flour
- 1 tsp vanilla essence
- pinch fine salt
- 1 small pear, peeled and diced (you may not need all of it)



METHOD

Peachy rose mix

1. Preheat oven to 170°C (340°F). Place almonds in mixing bowl and grind **10 sec/speed 8**.
2. Add other ingredients. Mix **30 sec/speed 4**.
3. Grease friand moulds and pour in mixture. Add six or so pear cubes (or a few berries). Bake in preheated oven for about 25 minutes or until cakes just spring back to the touch. Eat warm or later the same day – they are so good fresh!

Tips

- These are great for picnics.
- Use muffin tins instead of friand moulds.
- Friands can be frozen and warmed back up in a low oven.

Variations

- You can brown the butter and allow it to cool before adding to mixture for a nutty, caramelised flavour.
- Add a few tablespoons of chopped pistachios along with the fruit.
- Use almond meal and icing sugar for a more refined finish.
- Frozen fruit is fine to use.



PEAR FRIENDS

Makes: 8



SHOPPING LIST:

- Natural almonds (80 grams / 2.8 oz)
- Egg whites (4)
- Caster sugar (160 grams / 5.6 oz)
- Unsalted butter (120 grams / 4.2 oz)
- Plain flour (80 grams / 2.8 oz)
- Vanilla essence (1 tsp)
- Fine salt (pinch)
- Pear, small (1)