



Miele

Friands

By Miele

10 minutes

Preparation time

15 minutes

Cooking

Makes 36 mini friands

Serves

INGREDIENTS

6 egg whites

125 g (1 cup) almond meal

220 g (1½ cups) icing sugar mixture

75 g (½ cup) plain flour

125 g butter, melted

Pinch salt

1 tsp vanilla essence

1 lemon, zested

Icing sugar, extra

METHOD

1. Preheat the oven on Fan Plus at 170°C. Grease a mini friand or muffin pan.
2. In a medium bowl, lightly whisk the egg whites until combined and frothy.
3. Add the almond meal, flour, butter, salt, vanilla and zest to the bowl. Fold together, using a spatula or metal spoon, until just combined.
4. Divide the mixture into the prepared pan and top with your preferred toppings.
5. Place into the oven on shelf level 2 and bake for 15 minutes, or until firm to touch.
6. Cool slightly before removing from the pan. Cool to room temperature.
7. Dust with extra icing sugar to serve.

Roasted strawberry friand

- Combine 250 g halved strawberries, 1 tbsp balsamic vinegar and a little icing sugar. Place onto a universal tray and roast on Fan Plus at 170°C for 20 minutes or until caramelised.
- Place a strawberry half onto each friand before baking.

Raspberry friand

- Place a fresh raspberry into each friand before baking.

Mix nut and orange friands

- Substitute orange rind instead of lemon rind in the friand mix. Roughly chop 2 tbsp of almonds and pistachios.
- Sprinkle the nuts over the friands before baking.

Blueberry and pistachio friands

- Roughly chop 2 tbsp pistachios.
- Place a fresh blueberry into each friand before baking and sprinkle with the chopped nuts.

Lime and coconut friands

- Substitute orange rind instead of lemon rind in the friand mix.
- Sprinkle shredded coconut over the friands before baking.