



## My Friend Friand

NIBBLEDISH CONTRIBUTOR

### Ingredients

- 180g butter (preferably unsalted) - 200g icing sugar - 60g plain flour, sifted - 120g ground almonds - 5 large free-range egg whites - 1 tsp grated lemon or orange rind - icing sugar for dusting

### Instructions

This is actually a recipe plucked out from the "Totally Simple Food" by Jill Dupleix. My version? Completely overloaded with too much butter. My friand was pretty much sizzling in the tray. Still, it's come out all nice and moist.

1. Heat the oven to 200°C / Gas 6. Melt the butter and allow to cool, then use 1 tbsp to coat 10 muffin tin moulds or individual oval baking moulds measuring 5 x 10cm.
2. Sift the icing sugar and flour into a bowl, and mix in the ground almonds. Lightly beat the egg whites with a fork, then fold them into the dry ingredients. Add the cooled, melted butter and lemon rind, and mix well.
3. Three-quarters fill each mould with the mixture and bake on the middle shelf of the oven for 10 minutes. Turn the tray around, and bake for another 5 to 10 minutes, until the tops are golden and spring back to the touch.
4. Leave the tins for 5 minutes, then gently unmould onto a wire tray and leave to cool. Dust the friands with icing sugar to serve, or store them in an airtight container for up to 3 days.