

Cooking with seasonal fruit

Production: Make apple and blueberry friands

A 'friand', also known as a financier, is a type of pastry in French cuisine. It is a light tea cake, similar to a sponge cake, and usually contains almond flour, crushed or ground almonds, or almond flavouring. The basis of the cake is traditionally a *beurre noisette* (brown butter), egg whites, flour and powdered (icing) sugar. Friands are often baked in shaped moulds, but muffin moulds are a suitable alternative. Make the **Apple and blueberry friands** and answer the questions on the following page.

Apple and blueberry friands

Ingredients

- ½ cup wholemeal plain flour
- ¼ cup white self-raising flour
- ½ cup icing sugar
- 100g almond meal
- 1 teaspoon cinnamon
- ⅓ cup soy or dairy milk
- ½ cup canola oil
- 1 cup pie apple (no added sugar), roughly chopped
- ½ cup blueberries
- 5 egg whites



Method

1. Lightly grease 10 non-stick friand moulds. Line the bottom of each friand with baking paper.
2. Combine flours, icing sugar, almond meal and cinnamon. Add milk, oil, apple and blueberries and stir until just combined.
3. Beat egg whites until soft peaks form and carefully fold into mixture. Spoon into prepared moulds and bake in a hot oven, 200°C, for 25–30 minutes.
4. Sit for 10 minutes before turning out onto a cooking tray and serve dusted with icing sugar.

Serves 10

Recipe source: Home Economics Victoria and Sanitarium Nutrition Service 2005, Food Challenges (p. 158)