



FRESH AS^o

EVERYDAY GOURMET RECIPE



THE CAKER

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Passionfruit and Raspberry Friands
with Passionfruit Glaze

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Ingredients

200g butter, softened
200g caster sugar
1 tsp vanilla extract
4 organic eggs
200g ground almonds
50g spelt flour
1/2 cup fresh passionfruit pulp
1 cup fresh or frozen raspberries

Passionfruit Glaze

1 cup icing sugar, sifted
2 tsp Fresh As Passionfruit Powder
5 tsp lemon juice

Mini Raspberry Meringues (makes about 20 small meringues)

75g egg whites
150g caster sugar
1 tsp Fresh As Raspberry Powder

Garnish

Handful of Fresh As Raspberries, crushed
1 tsp dried cornflowers (optional)

Raspberry Meringue Method

Pre-heat oven to 220°C fan bake. Line your baking tray with baking paper and sprinkle the sugar onto it in an even layer. Pop in the oven for 4 minutes or until warm, but not melted. Meanwhile, place the egg whites in the bowl of an electric mixer with a whisk attachment and beat on high. Take the sugar out of the oven and gradually add it to the egg whites. You want the meringue to become smooth, glossy and double in size. Reduce the oven temperature to 110°C. When the meringue has cooled in the mixer and is the desired consistency, beat in the raspberry powder.



Using a piping bag with about 2cm cut off the tip, pipe the meringues into 1 inch rounds, and bake for about 1 hour, or until crunchy all the way through. Turn the oven off but leave them in to dry out in the oven for another 2 hours. Once dried out, remove from the oven.

Friands Method

Preheat the oven to 175°C fan bake. Thoroughly grease 12 holes of a friand pan (It can pay to line the base of each one with an oval of baking paper). In the bowl of an electric mixer, cream the butter and sugar until pale, light and fluffy. Add the vanilla and then the eggs, one at a time, beating until combined between each addition. Add in the ground almonds and flour until well combined. Next fold through the passionfruit pulp. Stop your electric mixer once all the ingredients are combined, do not over mix. Evenly divide the batter between the friand holes. Dot 2 raspberries into each one, pushing down lightly with the back of a spoon. Bake for approximately 25-30 minutes or until golden in colour, springy to the touch and a skewer inserted in the centre comes out clean. Allow the cakes to cool for around 10 minutes before turning onto a cooling rack.

Passionfruit Glaze Method

Combine all the ingredients together and mix until smooth.

Once the cakes are cool, spoon some glaze onto each one and gently spread out to the edges. Refrigerate the friands for at least 20 minutes to allow the glaze to set.

Decorate each one with some crushed raspberry meringue, crushed Fresh As Raspberries and dried cornflowers (optional).

Store in a cool, dry place in an airtight container for up to 3 days.

Makes 12

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Recipe and Styling by The Caker
Photography by Bruce Nicholson