

## Boysenberry Friands

### Ingredients

- 1.5 cups of icing sugar
- 1 cup of almond meal
- 0.5 cups of flour.
- 6 eggs
- 175 g of butter
- 7-10 boysenberries

### Method

This makes between 7 to 10 depending on the size of your muffin tin. We use the 6 hole jumbo tin at Penguin café. Grease the tin very well as they do tend to stick and so fall apart when you try to prize them out. Turn the oven on and bring it up to 180°C. When baking always preheat your oven.

Sieve the dry ingredients into a bowl and melt the butter, but don't boil it.

Separate the eggs and put the yolks to one side for use in mayonnaise or google egg yolk recipes for more ideas. I use them in Penguin Café pasta for our lasagne. Whisk the egg whites, only takes a few minutes with an egg whisk so don't get out the electric one. It wants to be firm but not stiff as you are not making meringues, soft floppy peaks are fine. Mix in the butter and fold it all into the dry until the lumps are gone but treat like a muffin don't over mix. Put mixture into the muffin tin, 2 thirds or three quarter fill each hole and put into the pre heated oven. I don't know what difference it makes but I try and do it gently and not bang the tin or slam the oven door shut. Bake for about 7 to 8 minutes then pull the tray out but don't take it out of the oven and place the frozen boysenberries in the centre of each friand close the door and bake for another 8 or so minutes until brown but not too brown.