

FINANCIER

EQUIPMENT

MIXING BOWLS, SCALES, STAND MIXER WITH WHISK ATTACHMENT, PIPING BAG, RUBBER SPATULA, CAKE OR COOLING RACK, MINI LOAF TIN OR SILICONE LOAF MOULDS, MESH SIEVE

INGREDIENTS

100GM PLAIN FLOUR, 100GM ALMOND MEAL, 300GM CASTER SUGAR, 150GM MELTED BUTTER, 8 EGG WHITES, PINCH OF SALT, ICING SUGAR TO DUST

METHOD

PLACE THE FLOUR, CASTER SUGAR AND ALMOND MEAL INTO A LARGE MIXING BOWL WITH A PINCH OF SALT, MIX WELL AND SET ASIDE.

POUR THE EGG WHITES INTO THE BOWL OF A STAND MIXER FITTED WITH A WHISK ATTACHMENT AND BEAT ON HIGH SPEED UNTIL FIRM PEAKS FORM.

ONCE THE EGG WHITES ARE FIRM REMOVE THE WHISK FROM THE MIXER AND SIEVE OVER THE FLOUR, SUGAR AND ALMOND MIXTURE. FOLD THE ALMOND MIX INTO THE WHITES UNTIL WELL COMBINED.

POUR THE MELTED BUTTER INTO THE MIX AND FOLD IT THROUGH WITH A SPATULA UNTIL THE MIXTURE IS SMOOTH AND SET ASIDE TO REST FOR 10 MINUTES.

ONCE RESTED TRANSFER THE MIXTURE TO A PIPING BAG AND PIPE THE MIXTURE INTO LIGHTLY OILED LOAF TINS FILLING THEM UP 3/4. PLACE THE TINS INTO THE OVEN COMBI MODE 190 °C FOR 12-15 MINUTES UNTIL GOLDEN BROWN.

ONCE COOKED REMOVE FROM THE OVEN AND WHILE THE TRAYS ARE HOT CAREFULLY REMOVE THE CAKES FROM THE TINS AND TRANSFER TO A COOLING RACK.

ONCE COOL DUST THE TOPS WITH ICING SUGAR AND SERVE AS A AFTER DINNER SWEET WITH BLACK COFFEE.

HINTS & TIPS

- YOU CAN VARY THE FLAVOUR OF THESE LITTLE CAKES BY CHANGING THE ALMOND MEAL FOR HAZELNUT MEAL OR EVEN PISTACHIO MEAL.
- THESE LITTLE CAKES WERE SAID TO HAVE BEEN INVENTED BY AN ORDER OF NUNS IN THE MIDDLE AGES BUT WERE POPULARISED IN THE 19TH CENTURY AND THE NAME IS SAID TO HAVE COME FROM THE SIMILARITY TO A BAR OF GOLD.