

Sparkle Kitchen

Raspberry Friands

(makes 33 mini-muffin-sized friands)

Ingredients

90 grams hazelnut meal (made from 90 grams or about $\frac{3}{4}$ cup hazelnut pieces)

5 egg whites

$\frac{1}{2}$ cup butter, melted (plus extra for greasing the pan)

$\frac{2}{3}$ cup flour

$\frac{3}{4}$ teaspoon baking powder

1 $\frac{1}{3}$ cup powdered sugar (plus extra for dusting the finished friands)

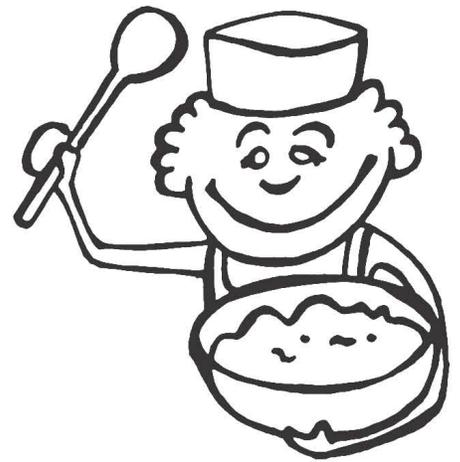
2 teaspoons vanilla or hazelnut flavoring

6 ounces raspberries

$\frac{1}{4}$ cup chopped pistachios

Directions

Preheat your oven to 325° and grease a mini-muffin tin very well.



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Pour the hazelnut pieces into the bowl of a food processor and pulse until the hazelnuts are ground to coarse crumbs. (Do not just allow the food processor to run or you'll end up with hazelnut butter, which — while delicious — is not what you need for this recipe.)

Pour the hazelnut meal into a different bowl, then quickly wipe out the food processor.

Add the egg whites to the food processor, and whizz them for about 30 seconds — just enough to get them a little foamy. Then, add the hazelnut meal, melted butter, flour, baking powder, powdered sugar, and flavoring. Run the food processor until the ingredients are combined well.

Now, scoop the mixture into the muffin tin, filling each cavity about two-thirds full. Add one raspberry and a sprinkle of chopped pistachios to each friand, then bake them for 15-20 minutes. They won't get very brown, but you'll know they're done when the tops feel springy to the touch.

Remove the friands from the muffin tin, let them cool slightly, and dust them lightly with more powdered sugar.

Once cool, store your friands at room temperature in an air-tight container. They're best eaten within three days.