

Macadamia and Salted Caramel Friands



Ingredients

- 5 large egg whites
- 1 cup soft brown sugar
- 185 grams (6.5 oz) butter melted. Plus extra melted butter for greasing friand moulds.
- 1 ¼ cups almond meal
- 1 tablespoon vanilla extract
- 1 level teaspoon of sea salt
- 2/3 cup of plain flour, sifted
- 1/2 cup macadamia nuts, roughly chopped

Method

1. Preheat oven to 180 C° (356 F°). Brush friand moulds with melted butter.
2. Whisk egg whites lightly until amalgamated.
3. Thoroughly stir in sugar, to ensure all lumps are gone.
4. Mix in butter, almond meal, macadamia nuts, vanilla and salt.
5. Sift in the flour and fold in lightly.
6. Spoon mixture into moulds. Place filled tins onto a tray and place in the centre of the preheated oven.
7. Bake for 20-25 minutes until golden on top and springy to the touch.
8. Stand in moulds for a minute or two before turning out.

