

## Cardamom Scented Almond Friands



0 made it | 0 reviews



I chose this recipe because of its lovely fragrance and used the Dilmah Italian Almond Tea to perfume the syrup providing a perfect balance between the almond, cardamom and citrus flavours. The syrup also adds a lovely moisture and sheen to the cakes.

- Sub Category Name  
Food  
Desserts
- Recipe Source Name  
Real High Tea Australia Volume 1

### Used Teas



t-Series Italian  
Almond Tea

### Ingredients

#### Cardamom Scented Almond Friands



- 1 small 12-cup oval friand tray
- 1 1/2 cups of icing sugar
- 185g melted butter
- 1 cup of almond meal
- 1 cup plain flour
- 6 egg whites
- Grated rind from 1/2 orange
- 2 tsp ground cardamom
- Zested peel from 1/2 orange
- 1 cup brewed Dilmah Italian Almond Tea, 2 tea bags
- 1/2 cup of sugar

## Methods and Directions

### Cardamom Scented Almond Friands

- Preheat oven to 180°C or 160°C if fan forced.
- Spray the friand tray with oil.
- Sift the icing sugar and flour into a bowl and add butter, almond meal, cardamom and grated orange rind.
- Mix well. Lightly whip the egg whites and stir into the mixture.
- Place even amounts in the baking tin cups and bake for 15 – 20 minutes or until golden brown and the surface springs back from the touch.
- Remove strips of the rind from the orange and place in a small saucepan with the sugar and brewed tea.
- Simmer for 5 minutes until sugar is dissolved then boil for approximately 2 minutes until the syrup thickens.
- Remove the friands from the tin after cooling for 5 minutes.
- Place them on a rack and lightly brush the tops with the syrup.
- Arrange 2 or 3 strands of the zested peel on the top of each cake and very lightly dust all over with icing sugar.
- Serve with the syrup and add cream if desired.