



#LetsTalkLoneliness

MONDAY 18TH – FRIDAY 22ND JUNE

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Marmalade Friands Recipe

Makes 14 – you will need a silicone mould with approx. 70mm diameter cups

Ingredients

375g Butter

260g Ground Almonds

150g Plain Flour

200g Icing Sugar

4tsp Baking Powder

300g Egg whites

Pinch Salt

2 Small Oranges

4 tbs Marmalade - warmed



Method

1. Preheat oven to 180C
2. Melt the butter and set aside
3. Stir together ground almonds, flour, icing sugar, baking powder and zest of the oranges
4. Whisk egg whites with the salt to soft peaks



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5. Gently mix dry ingredients into the whipped egg whites until just incorporated
6. Gradually add melted butter, scraping down the sides as you mix
7. Cut the top and bottom off the oranges and then remove all the peel and pith with a sharp knife, following the shape of the orange. Cut each into 7 thin slices across the segments. Place one slice in the base of each silicone mould
8. Divide the batter among the moulds and bake for 15-20 minutes until golden brown and a knife comes out clean
9. Allow to cool for a few minutes before turning out onto a wire rack and glazing with the warmed marmalade

Enjoy with friends and neighbours in your community and beyond!



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