



ORANGE AND POPPY SEED FRIANDS

INGREDIENTS

- $\frac{1}{3}$ cup poppy seeds
- 2 tbsp milk
- 150 gm unsalted butter
- 2 medium oranges ($\frac{1}{4}$ cup juice and zest from both oranges)
- 1 cup caster sugar
- 4 large eggs
- 1 cup plain flour
- 1 cup almond meal
- $\frac{1}{2}$ tsp baking powder
- $\frac{1}{4}$ tsp salt

DIRECTIONS

1. Soak the poppy seeds in the milk for 10 min.
2. Preheat oven at 180°C or for fan-forced 160°C
3. Grease the friand tins with melted butter.
4. Line the base of the friand tin with baking paper
5. Beat the butter, sugar and zest together until the mixture is fluffy and pale (approx. 5 min on HIGH)
6. Add in the eggs, one at a time, beating well in between each egg.
7. Add orange juice, milk and poppy seed mixture. Mix to combine using a spatula or wooden spoon.
8. Add in the almond meal, flour, baking powder and salt, fold until the flour is no longer visible.
9. Scoop $\frac{1}{4}$ cup of batter into each tin hole, once all holes are filled tap the tray on the table to flatten the batter.
10. Cook for 25 to 30 minutes or until a skewer comes out clean when inserted.
11. Leave to cool in the baking tin for 10 minutes. Run a sharp thin knife around the top edges of the cake to help release it. Tip the cakes out of the tin onto a plate or a chopping board.

NOTES

We recommend you serve the friands with syrup and ice-cream. See the next page for the syrup recipe



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FOR THE SYRUP (OPTIONAL) :

- 1 cup sugar
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ cup water
- 1 tsp vanilla extract
- 1 medium orange (juice and zest)

DIRECTIONS

1. In a small saucepan add in water, sugar, salt and vanilla extract and bring it to a boil on medium heat stirring occasionally.
2. Lower the heat and add in orange juice and zest. Let it simmer for 5 minutes, it will thicken to a syrup consistency once the mixture cools down.
3. Whilst the cake is still warm, use a skewer to poke several holes in the cake.
4. Spoon the syrup on top of the friands, keep any remaining syrup in a small bowl to serve with cream.