

# goodFOOD

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### EXCLUSIVE RECIPE

# Fig, honey & hazelnut friands

**SERVES 12 PREP 40 mins COOK 20 mins MORE EFFORT V**

*These sticky bakes are a great way to celebrate seasonal ingredients – a treat to share with friends over a cuppa. Samuel Goldsmith*

4 ripe figs, roughly chopped, plus a few extra slices to serve (optional)  
25g hazelnuts, chopped, plus extra to serve  
2 tbsp honey  
200g unsalted butter, melted and cooled, plus extra for the tins

225g icing sugar  
75g plain flour  
170g ground almonds  
6 egg whites

**1** Put the chopped figs in a small pan with the hazelnuts and honey, and cook over a medium-low heat for around 5-6 mins, until the figs have broken down a bit.  
**2** Heat the oven to 200C/180C fan/gas 6. Butter a 12-hole non-stick friand or muffin tin and set aside.  
**3** Sift the icing sugar and flour into a large bowl, then stir in the ground almonds. Whisk the egg whites in a separate clean bowl until increased in volume and forming stiff peaks. Fold into the dry mix along with the melted butter until a soft batter has formed. A few specks of egg white is fine.

**4** Divide the mixture between the buttered moulds of the tin to come up about three-quarters of the way up. If you have any mixture remaining, you can make a few extra after the first batch is done.  
**5** Bake for 15-20 mins, until lightly golden and firm to touch. Leave to cool in the tin for a few minutes, then turn out onto a wire rack to cool completely. Serve topped with the fig and honey mixture, with a scattering of extra chopped hazelnuts and a few extra slices of fig, if you like.

**PER SERVING** 386 kcals • fat 23g • saturates 9g • carbs 36g • sugars 31g • fibre 2g • protein 7g • salt 0.1g