

Kitchen Buddies

Spring Sweets!



Preparation and Tools

Shopping List

Recipes:

Friands

Lemon Curd

Tools and Preparation for Friands and Lemon Curd

Tools:

Small saucepan

Medium saucepan

Large and medium mixing bowls

Sifter

Whisk

Fork

Rubber spatulas (2 would be best but you can rinse between using it if you only have one)

2 Mixing spoons

Egg separator (not necessary but nice!)

Measuring cups and spoons

Muffin pan (this recipe makes 12)

Zester or box grater

Preparation:

Gather tools for your workspace

Remove butter from refrigerator to bring to room temperature.

Measure ingredients for each recipe

Zest the lemon and chop into smaller pieces (if you don't have a zester but you have a box grater, use the side with the smaller holes to zest your lemon)

Separate the egg whites from the egg yolks and place in separate bowls. We will use both but in different recipes.

Squeeze lemons to make lemon juice

Look up the term tempering eggs: what does it mean?

Explore where friands originated.

Learn some facts about almonds and eggs. You can use websites like:

<https://www.incredibleegg.org/>

<https://www.almonds.com>

Shopping List for Friands and Lemon Curd

3/4 cups unsalted butter

5 large eggs

1 cup almond flour

$\frac{3}{4}$ cup all-purpose flour (or gluten free flour)

1 2/3 cup powdered sugar

1/2 cup granulated sugar

2 tsp vanilla extract

$\frac{1}{2}$ tsp. baking powder

3-4 Lemons (Meyer lemons are the sweetest but other lemons will work)

Additional butter and flour for greasing muffin pan

Optional: berries, nuts

Friands

Makes 12 friands

$\frac{1}{2}$ cup butter or 1 cube (125g)

1 cup (125g) almond flour sifted

1 $\frac{2}{3}$ cup (250g) powdered sugar, sifted

$\frac{3}{4}$ cup (95g) all purpose flour sifted (gluten free flour can be used instead)

$\frac{1}{2}$ tsp. baking powder

5 egg whites

1 tsp. vanilla

Additional butter for greasing muffin pan.

Flour to dust the butter after greasing the pan.

Optional: 1-2 Tbs. lemon zest, or blueberries, raspberries, nuts...

Generously butter your muffin cups in your muffin pan and dust with flour.

Set aside.

Preheat oven to 350 degrees.

Melt butter in a small saucepan over medium heat. Remove from heat and set aside.

Combine almond flour, all purpose flour, powdered sugar and baking powder (add lemon zest if you are using it) in a large mixing bowl. Stir to mix. Mix egg whites until frothy. Add egg whites and vanilla and stir gently till mixed. Add butter and mix well.

Spoon mixture into muffin tins. If adding fruit, fill the tin half full, add fruit, then fill the tin to $\frac{3}{4}$ full. Bake in the oven for 15-20 minutes until cooked, risen, golden and still moist in the center.

Dust with powdered sugar and serve.

Lemon Curd (yields 1 $\frac{3}{4}$ cups)



5 egg yolks plus water to equal $\frac{1}{2}$ cup

$\frac{1}{2}$ cup lemon juice

$\frac{1}{2}$ cup sugar

$\frac{1}{4}$ cup butter

1 tsp vanilla (optional)

Zest from 2-3 lemons, finely chopped

Place egg yolks in $\frac{1}{2}$ cup measuring device. Add water as needed so that volume is $\frac{1}{2}$ cup.

In saucepan, combine egg yolk/water mix with lemon juice and sugar. (A pan with a narrow base and high sides will work best if available.) Bring to a simmer over very low heat, whisking continuously. Once it reaches a simmer, stir in butter. Continue to whisk continuously over low heat until mixture is gently bubbling and thickened. The size of egg yolks will affect the thickness. If too thick, add water, one tablespoon at a time, whisking after each addition, until desired consistency is reached.

Stir in lemon zest.

Lemon curd will keep in the refrigerator up to a month according to the National Center for Home Food Preservation (<https://nchfp.uga.edu/>). You can freeze it up to a year. Frozen curd should be defrosted in the refrigerator 24 hours before using.