

CARAMEL PEAR FRIANDS WITH MAPLE SYRUP



FOOD SERVICE



Friands are a sophisticated and more flavoursome version of a muffin. They use a lot of ground almonds in place of flour, that gives a moistness which lasts for up to 2 days. Traditionally baked in an oval shaped mould, they can also be made using a small muffin tin.

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SERVES 18



INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
180g	butter	0.00840	\$1.51
600g	pears, peeled, cored and cut into 1cm dice	0.00400	\$2.40
200g	Chelsea Caster Sugar	0.00262	\$0.52
40g	plain flour	0.00160	\$0.06
180g	ground almonds	0.02600	\$4.68
6	egg whites (160g)	0.20000	\$1.20
45g	Chelsea Maple Flavoured Syrup	0.00749	\$0.36

METHOD

Preheat oven to 160°C.

Put 45g of caster sugar into a saucepan with butter and maple flavoured syrup. Add diced pears. Cook 4-5 minutes until pear starts to break down. Allow to cool.

Mix flour, almonds and remaining sugar together in a large bowl.

Lightly beat together egg whites and fold in slowly. Stir in the cooled melted butter.

Butter and flour two 12-hole muffin tins or 18 individual friand moulds, or line with paper muffin cases. If not using paper cases, it is a good idea to line bottom of mould with baking paper to make them easier to turn out.

Combine the almond mix with the pears and fill moulds $\frac{3}{4}$ full.

Bake 25 minutes until golden brown and firm.

Cool 5 minutes before turning out to cool completely.

RECIPE VARIATIONS

- Rhubarb & Almond friands – omit caramelised pears. Half-fill mould with friand mixture and put a spoonful of chilled rhubarb compôte (rhubarb cooked down with **Chelsea Caster Sugar**) into the centre. Fill up mould as before and scatter with a few flaked almonds.
- Blueberry & Lemon friands – replace caramelised pears with 150g blueberries (defrosted and drained if frozen) and grated zest of 1 large lemon. Mix berries with a spoonful of the dry mix before mixing together to prevent them sinking to the bottom of the friand.

TOTAL COST	\$10.73
COST PER PORTION	\$0.60
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$2.29
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Costs based on average wholesale prices at July 2010

PROFIT

- Ingredient costs are approximately 60¢ + GST per portion, suggesting a selling price of over \$2.29 to achieve a 70% gross profit.
- You should be able to get more than one day from friands, they are high in ground almonds and keep better than muffins.
- Keep any back up friands not on display in an airtight container to keep fresh.

NUTRITION

- Much lower gluten content than similar muffins, due to high proportion of ground almonds replacing flour.
- More delicate and sophisticated flavour than muffins with a richer and moister texture.
- Contains gluten, dairy and eggs.

SERVICE

- Display on counter by till as an impulse item.
- Generally sell at a premium price, based on more expensive ingredients (ground almonds, butter).
- Serve with a small spoonful of crème fraîche, whipped cream or Greek yoghurt on the side.
- Great served slightly warmed (20 seconds in microwave).