
CITRUS FRIAND AND DILMAH EARL GREY CREAM (GLUTEN-FREE)



Food : Appetisers

Ingredients

Citrus purée

- 1 lemon
- 1 orange
- Water to cover

Friand

- 180g citrus purée
- 4 eggs
- 180g castor sugar
- 180g almond powder
- 4g baking powder

Earl Grey cream

- 2 Dilmah Gourmet Selection Earl Grey tea bags, opened
- 250g cream

Methods

Citrus purée

- Place in a pot and cover with water.
- Simmer until tender (about 2 hours).
- Drain, cool and remove the seeds.
- Process the skin, flesh and juice to a smooth purée in a food processor.

Friand

- Grease a rectangular metal mould with oil spray and place on a baking sheet.
- Line the base with greaseproof paper.
- Preheat the oven to 160°C.
- Beat the eggs and sugar together (do not cream them) and fold in remaining ingredients, mix well.
- Bake until set (about 30 minutes).

Earl Grey cream

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- Infuse the loose tea in the cream for 2 hours.
 - Strain the cream through a fine sieve.
 - Whisk the infused cream to soft peaks, and quenelle onto the sliced citrus friand.