AFTERNOON TEA



Blackberry and orange financiers with brown butter

The key ingredients for a French financier cake are almonds and egg whites. They should be delicate little cakes, not more than a couple of mouthfuls to accompany a coffee or afternoon cup of tea. Although they are traditionally made in oblong moulds, you can also make these financiers in non-stick mini muffin or cupcake tins.

Brown butter is sometimes called 'nutty butter' for the flavour it imparts, which adds extra depth to the crumb. You can strain the browned bits out for a smoother texture and less intense flavour, but I don't see the need for this if you like the taste.

MAKES 12-14 FINANCIERS

150g unsalted butter, plus extra for greasing
3 medium egg whites
125g caster sugar
55g soft cake and pastry flour
55g almond flour grated zest of 1 orange
½ tsp baking powder
100g blackberries or raspberries icing sugar, to dust (optional)

Preheat your oven to 190°C/gas 5 and grease your non-stick financier moulds. Even though the tin is non-stick, I prefer to grease them as well to ensure the delicate shapes can be removed from the tin really easily.

Melt your butter in a small pan over a medium heat until it starts to foam and froth. Once the butter starts to separate into creamy solids and golden yellow liquid, wait for the solids to turn a golden brown and then remove from the heat. Leave to cool to room temperature.

Mix all the remaining ingredients, apart from the blackberries and icing sugar, using an electric hand whisk until fluffy. Add the melted butter, mix again, and let the batter rest for 30 minutes in the fridge, to get rid of any bubbles.

Fill the financier moulds three-quarters full, and push the blackberries into the batter. Place in the oven and bake for 15–20 minutes, until cooked through and springy. Leave them to cool in their moulds for 10 minutes, before transferring to a wire rack to cool completely. Dust with icing sugar to serve. The financiers will keep for up to 3 days in an airtight container.