

Light cake with nuts and caramelized peanuts (Gluten and lactose free)

Recipe for 4 persons



Description

Crunchy and moist cookies with nuts and a slight salty taste from the peanuts.

Note

If you want to be sure that this is lactose and gluten free, make sure to buy your ingredients from a reputable source and make sure to avoid any cross contamination when cooking.

You can also make this recipe with normal butter for non-allergic guests.

Ingredients

Cake

- 0.75 Cup(s) Icing sugar
- 1.50 Cup(s) Shelled walnuts
- 0.75 Cup(s) Salted peanuts
- 0.50 Cup(s) Dark chocolate

Other ingredients

- 0.50 Cup(s) Butter
- 2 Unit(s) Egg white
- 4 Unit(s) Egg white

Preparation

- Preparation time **20 mins**
- Preheat your **Four** at **356 F°**

Preparation

In a hot skillet with 35g of icing sugar, cook the peanuts so as to coat them with a thin layer of caramel. Transfer to a baking sheet to cool them down.

Separate your egg yolks and whites, keep the yolks in the fridge and the whites at room temperature.

Grease the cooking molds with soy butter and then sprinkle with white sugar. Gently shake them to remove excess sugar.

Cookie

Combine the nuts, icing sugar and peanuts. In a bowl, combine in this order: the soft soy butter, the nuts and the icing sugar. Add 2 egg whites and combine with a spatula.

With your electric mixer, whip the egg whites (4) and the sugar until it is firm but does not form peaks. Incorporate the egg whites to the dried fruit mixture. Gently combine to reach a homogenous mixture. Fill the cooking molds to 2/3 their height and then transfer to the oven for 9-10 minutes. Wait at least 5 minutes after removing them from the oven before un-molding them.

Bon appétit!