

Florentines

Yield: 20 serves | **Prep:** 25 min | **Cook:** 20 min | **Source:** thestranger.online

There is a long held debate over the origins of the Florentine, but the largest held credible thought is in the 17th century by pastry chefs at the Palace of Versailles. The biscuits may have been named after Queen Catherine de Medici, who was born in Florence and became the Queen Consort of France in the 16th century.

The crunchy sweetness coupled with the tang of the zest and the depth of the chocolate provide the perfect accompaniment to a double espresso moment.

Ingredients

- 50 g salted butter
- 50 g light muscovado sugar
- 50 g golden syrup
- 50 g plain flour
- 50 g glacé cherries (chopped)
- 75 g flaked almonds
- 50 g pistachios (chopped)
- 2 or 3 oranges (zested)
- 175 g dark chocolate

Nutrition

Serving Size: 1
Calories: 138
Fat: 8
Saturated fat: 3
Carbs: 14
Sugar: 10
Fiber: 1
Protein: 2



Instructions

- 1.** Heat oven to 180C/160C/gas 4. Line a couple of baking sheets with baking parchment.
- 2.** Melt the butter, sugar and golden syrup in a small pan over a low heat, stirring frequently, avoid allowing the sugar to crystallise. Remove from the heat and whisk in the flour before adding the cherries, flaked almonds, pistachios and orange zest.
- 3.** Scoop 10 flat tbsp of the mixture onto the baking sheets, leaving room for them to spread, you may need to dunk the spoons in warm water to prevent the mixture sticking. You will need to do these in batches. Bake for 10 mins until golden. Leave to cool for 2 mins until firm enough to lift onto a wire rack. Cool completely. Repeat with the remaining mixture.
- 4.** Melt the chocolate in a bowl over a simmering saucepan of water or in the microwave in 30 second bursts. Turn the Florentines over on the wire rack. Spoon chocolate onto the base of each Florentines and gently spread to the edges. When the chocolate is firm enough to hold its shape, use a fork to draw wavy lines across the chocolate. Leave to set and then store in an airtight container.