

Tiroler Nussmuffins

Ingredients

100g soft butter at room temperature	0.5 tsp baking powder
50g Demerara sugar	0.5 tsp cinnamon powder
100g almonds	3 eggs, separated
50g dark chocolate, grated	grated zest of half a lemon
40g spelt (or similar) flour	pinch of sea salt
0.5 tsp cream of tartar	

Method

- Heat the oven to 175°C.
- Butter the muffin moulds and dust with a little flour. Beat the butter and sugar to a light cream. Meanwhile, toast the almonds lightly on a sheet and let them cool, before grinding them (either all finely or half coarsely and half finely, depending on whether you like crunchy contents).
- Sift the flour and powders together.
- Beat the egg yolks into the butter mixture gradually, and add the lemon zest. Beat the egg whites with the salt in a separate bowl to form stiff peaks.
- Add a third of the chocolate, almonds, flour, and egg whites, folding it all in with a spatula. Repeat twice for the other thirds — this keeps the mix light and soft.
- Fill the muffin moulds to three-quarters full, and bake for about 30 minutes (for 7cm diameter muffins: less for mini-muffins) until golden brown.
- Turn out the muffins, and let them cool on a rack. Dust with icing sugar.