

# Almond Flowers

## Ingredients

Puff-paste No. 1205; to every 1/2 lb. of paste allow 3 oz. of almonds, sifted sugar, the white of an egg.

## Method

Roll the paste out to the thickness of 1/4 inch, and, with a round fluted cutter, stamp out as many pieces as may be required. Work the paste up again, roll it out, and, with a smaller cutter, stamp out some pieces the size of a shilling. Brush the larger pieces over with the white of an egg, and place one of the smaller pieces on each. Blanch and cut the almonds into strips lengthwise; press them slanting into the paste closely round the rings; and when they are all completed, sift over some pounded sugar, and bake for about 1/4 hour or 20 minutes. Garnish between the almonds with strips of apple jelly, and place in the centre of the ring a small quantity of strawberry jam; pile them high on the dish, and serve.

*Source: Mrs Beeton's Book of Household Management (1861)*

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