

Nonettes

Submitted to the Battle of Tastings by: Enchantadorea Pluma Del Dragón

Source:

<https://francoisekitchen.com/nonnettes-french-gingerbread-cakes-with-honey-and-orange-marmalade/>

Team: France

Nonnettes

Ingredients

150 ml water

100 g sugar

200 g honey (I used Wildflower Georgia Honey Farm)

80 g butter (I used Plugra)

1 orange zest, from 1 organic orange

1 tsp five-spice powder or homemade pain d'épice spices(*)

½ tsp cinnamon

160 g flour

120 g rye flour

2 tsp baking soda

1 tsp per Nonnette orange marmalade

To make the glaze

4 tbsp icing sugar

1 tbsp orange juice or Rum

Instructions

Butter and flour well, 8 ramekins* (or 12 cup muffin pan).

Heat the water, honey, sugar, butter, and orange peel while stirring constantly. Remove from the heat at the first simmerings.

Sift the flour, baking soda, and spices. Pour over the hot liquid while whisking to obtain a smooth batter.

Leave for 1 hour in the refrigerator (*).

Nonnettes

Preheat oven to 400 F.

Scoop the batter into the prepared ramekins (or muffin pans) with an ice-cream scoop and put 1 teaspoon orange marmalade on top of each nonnette.

Nonnettes

Bake for 15-20 minutes or until a toothpick inserted in the center comes out with only a few moist crumbs.

Allow the nonnettes to cool in the ramekins for 15 minutes before unmolding them.

Prepare the glaze:

Pour the sugar into a small bowl and stir well in the liquid with a fork. Brush evenly each nonnette with the glaze. Let completely dry before storing them in a tin box. Enjoy them the day after if possible.

Notes

Adapted from Edda - Blog "Dejeuner de Soleil"

(*) To make your own "Pain d'épices" spices:

20 g crushed cinnamon, powder or stick

2-star anise

10 cloves

10 grams of coriander seeds

7 g of anise

1 teaspoon ginger powder

¼ teaspoon grated nutmeg

Place all ingredients (except powdered spices) in the small bowl of a mixer (I used a coffee grinder).

Blend.

Add powdered spices. Mix.

Use a fine mesh-strainer as needed to have a mixture without pieces.

Keep in a small jar or well-sealed container.

(*) From experience, I recommend putting the batter in the fridge to harden a little bit so the orange marmalade that you put on the top does not fall and stick to the bottom of your ramekins.