Earl Grey Tea Madeleines with Honey

🍎 **Vegetarian**

READY IN	SERVINGS	CALORIES
🕐	🍽️	💧
45 min.	**12**	**116 kcal**

DESSERT

Ingredients

- ☐ 0.8 cup flour
- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 5 tablespoons butter unsalted for molds, room temperature
- ☐ 2 large eggs
- ☐ 2 tablespoons honey
- ☐ 1 pinch salt
- ☐ 0.3 cup sugar
- ☐ 2 tablespoons ginger tea bags (preferably Earl Grey)

- [ ] 2 teaspoons vanilla extract

Equipment

- [ ] bowl
- [ ] frying pan
- [ ] baking sheet
- [ ] sauce pan
- [ ] oven
- [ ] sieve
- [ ] plastic wrap
- [ ] hand mixer
- [ ] cheesecloth

Directions

- [ ] Line small sieve with 2 layers of damp cheesecloth and set sieve over small bowl. Melt 5 tablespoons butter in saucepan over low heat.

- [ ] Mix in tea.

- [ ] Let stand 10 minutes, then pour into sieve. Twist cheesecloth tightly around tea mixture, releasing tea-flavored butter into bowl.

- [ ] Sift flour, baking powder, and salt into medium bowl. Using electric mixer, beat eggs and sugar in large bowl until thick, about 4 minutes.

- [ ] Add honey, vanilla, and lemon peel; beat 1 minute longer. Gently fold in dry ingredients, then tea-flavored butter. Press plastic wrap onto surface of batter; chill batter at least 3 hours and up to 1 day.

- [ ] Position rack in center of oven and preheat to 400°F.

- [ ] Brush twelve 3x2-inch madeleine molds with butter. Dust with flour; tap out excess.

- [ ] Place pan on baking sheet. Drop 1 scant tablespoon batter into each mold (batter will spread while baking, filling molds completely).

- [ ] Bake madeleines until golden and tester inserted into center comes out clean, about 10 minutes. Sharply rap pan on work surface to loosen madeleines, then turn out onto rack.

- [ ] Serve warm or at room temperature.

- [ ] Silicone madeleine molds need no buttering amd flouring — and their flexibility makes unmolding a cinch (you can actually turn them inside out).

- [ ] Put the mold on a baking sheet so that it will be easy to get the flexible pan in and out of the oven.

Nutrition Facts

PROTEIN 6.58%   **FAT 43.39%**   **CARBS 50.03%**
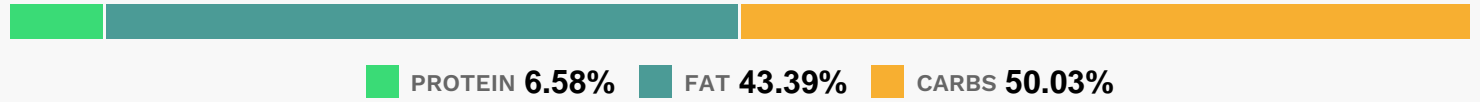
Properties
Glycemic Index:28.28, Glycemic Load:9.74, Inflammation Score:-1, Nutrition Score:2.1730435032236%

Nutrients (% of daily need)
Calories: 116.22kcal (5.81%), Fat: 5.62g (8.64%), Saturated Fat: 3.27g (20.45%), Carbohydrates: 14.57g (4.86%), Net Carbohydrates: 14.35g (5.22%), Sugar: 8.56g (9.51%), Cholesterol: 43.54mg (14.51%), Sodium: 70.65mg (3.07%), Alcohol: 0.23g (100%), Alcohol %: 0.85% (100%), Protein: 1.92g (3.84%), Selenium: 5.33µg (7.61%), Vitamin B2: 0.08mg (4.8%), Folate: 18.46µg (4.61%), Vitamin B1: 0.06mg (4.34%), Vitamin A: 190.77IU (3.82%), Iron: 0.55mg (3.03%), Phosphorus: 30.17mg (3.02%), Manganese: 0.06mg (3.01%), Vitamin B3: 0.48mg (2.39%), Calcium: 17.37mg (1.74%), Vitamin B5: 0.17mg (1.71%), Vitamin E: 0.23mg (1.52%), Vitamin B12: 0.08µg (1.4%), Zinc: 0.18mg (1.18%), Vitamin D: 0.17µg (1.11%)