



Lemon & lavender fondant fancies

 Vegetarian

READY IN



105 min.

SERVINGS



16

CALORIES



555 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 175 g butter softened for greasing
- ☐ 250 g sugar
- ☐ 3 large eggs
- ☐ 100 g yogurt
- ☐ 275 g flour plain
- ☐ 1.5 tsp double-acting baking powder
- ☐ 1 tsp culinary lavender buds dried plus a little to decorate
- ☐ 100 g butter

- ☐ 100 g powdered sugar
- ☐ 1 lemon zest plus a little to decorate
- ☐ 8 tbsp apricot preserves
- ☐ 1 kg powdered sugar
- ☐ 16 servings purple gel food coloring yellow

Equipment

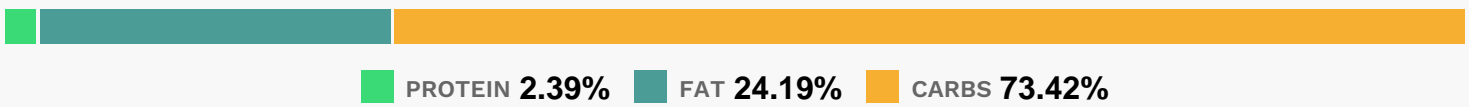
- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ sieve
- ☐ cake form
- ☐ skewers
- ☐ mortar and pestle
- ☐ serrated knife
- ☐ palette knife

Directions

- ☐ Heat oven to 160C/140C fan/gas
- ☐ Grease and line a 20cm square tin with baking parchment.
- ☐ Put the butter, sugar, eggs, yogurt, flour and baking powder in a large bowl and beat with an electric whisk until smooth. Tip into your cake tin and smooth the top.
- ☐ Bake for 45–50 mins until risen and golden, and a skewer inserted comes out clean. Leave to cool for 10 mins in the tin, then turn out onto a wire rack to cool completely.
- ☐ Grind the lavender to a powder using a pestle and mortar. To make the butter icing, beat the butter and icing sugar together until pale and fluffy. Divide the mixture into 2 bowls, add the lemon zest to one batch and the lavender to the other, then mix each to combine.
- ☐ Transfer the icings to 2 piping bags.

- ☐ When the sponge has completely cooled, use a large serrated knife to remove the top and give you a flat surface. Flip the cake over so the flattest side becomes the top. Carefully trim off the edges, then cut the sponge into 16 squares. Use a ruler if you want them to be the same size.
- ☐ Brush the top and sides of each sponge square with a little jam. Pipe a small dome of butter icing onto each sponge, 8 with lavender icing and 8 with lemon. Chill the cakes for at least 1 hr.
- ☐ Sieve the fondant icing sugar into a large bowl, and add enough water to make a thick but pourable icing. Spoon a little white icing into a sandwich bag or piping bag to use later. Divide the remaining icing into 2 bowls, dye one batch lemon yellow and the other pale lilac.
- ☐ Remove the sponges from the fridge and transfer to a wire rack, sitting the rack on a tray to catch any drips. Spoon a little icing over each sponge, lilac for the lavender-flavoured fancies and yellow for the lemon. Use a small palette knife to spread the icing down the sides of the sponge to completely cover each one. Leave to set for 30 mins, then cover the cakes with a second layer of icing to give a smooth surface.
- ☐ Drizzle the white icing over the cakes and decorate with a little lemon zest and lavender buds. Leave to set for 1 hr at room temperature before serving. Will last 2–3 days in a tin.

Nutrition Facts



Properties

Glycemic Index:22.26, Glycemic Load:20.57, Inflammation Score:-3, Nutrition Score:4.5452173740967%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 555.37kcal (27.77%), Fat: 15.28g (23.5%), Saturated Fat: 9.29g (58.04%), Carbohydrates: 104.31g (34.77%), Net Carbohydrates: 103.78g (37.74%), Sugar: 87.57g (97.3%), Cholesterol: 72.64mg (24.21%), Sodium: 178.31mg (7.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Selenium: 9.72µg (13.89%), Vitamin A: 507.95IU (10.16%), Vitamin B2: 0.16mg (9.47%), Vitamin B1: 0.14mg (9.44%), Folate: 36.96µg (9.24%), Manganese: 0.13mg (6.38%), Iron: 1.12mg (6.24%), Phosphorus: 56.98mg (5.7%), Vitamin B3: 1.04mg (5.19%), Calcium: 48.89mg (4.89%), Vitamin E: 0.53mg (3.5%), Vitamin B5: 0.27mg (2.65%), Copper: 0.05mg (2.42%), Vitamin B12: 0.14µg (2.26%), Fiber: 0.53g (2.14%), Zinc: 0.31mg (2.06%), Vitamin C: 1.43mg (1.74%), Magnesium: 6.57mg (1.64%), Potassium: 55.21mg (1.58%), Vitamin B6: 0.03mg (1.43%), Vitamin D: 0.19µg (1.29%), Vitamin K: 1.3µg (1.23%)