

# How to make delicious manuka honey madeleines

Having worked in top restaurants in London, France, Spain, Australia and Morocco, chef Analiese Gregory landed in Tasmania four years ago – and her new book, *How Wild*

*Things Are*, captures how she lives and eats.

It's divided into two sections: recipes – the kind of food she'd throw together for a friend; and a sketch of her (deeply enviable) life on the Aussie island state, where she's learned new skills, like cooking possum and wallaby. The latter is a sustainable meat in Tasmania, and is lean, a bit like veal crossed with venison, says Analiese.

"It's surprisingly delicious – once you get over the mental block."

Analiese has also been trying out fresh ideas when it comes to baking – such as these honey madeleines

"I've been experimenting with taking processed sugar out of some of my recipes and replacing it with more natural alternatives, such as honey and malt syrups," says Analiese.

"This is one of the recipes that adapted exceptionally well to honey, and I love the flavour the madeleines get from intense ones, such as manuka and leatherwood. For me, these cakes are best served straight from the oven. They don't benefit from being kept for too long!"

Give them a go – they're perfect with a mug of tea.



## INGREDIENTS (Makes 24 madeleines)

170g butter, plus some for brushing the metal mould  
 3 eggs  
 185g manuka or leatherwood honey, or other honey as preferred  
 160g plain flour  
 Quarter of tsp salt  
 Quarter of tsp baking powder  
 Soured cream, to serve  
 For the apricot jam:  
 250g apricots  
 2.5 tbsp water  
 50g honey

## METHOD

**1** Preheat the oven to 180°C (350°F). Melt the butter and let cool to room temperature.

**2** In a mixer, whisk the eggs and honey until fluffy, approximately 10 minutes. In a separate bowl, sift the dry ingredients, then add them to the egg mix and fold by hand. Once the dry ingredients are incorporated, gently fold in the cooled melted butter. Chill for 30 minutes.

**3** To make the jam, take the seeds out of the apricots, then roughly dice them. Combine with the water and honey in a saucepan and cook on a medium heat for approximately 10 minutes, or until a jammy consistency is reached.

**4** Butter a madeleine mould with a pastry brush. I use a 12-cake non-stick metal one; the old copper madeleine moulds are amazing, but I would

grease and flour them first. Fill each indentation half full and bake for 10 minutes. They should be set and golden, with minimal colour on top and light brown underneath.

**5** Serve the madeleines immediately with soured cream and jam.

● **How Wild Things Are: Cooking, Fishing And Hunting At The Bottom Of The World** by Analiese Gregory is priced £22

