

Recipes from Nuts 'n May

Afghans

Our family have been making Afghans for years and after many bake offs this recipe is regarded as the best. We recommend keeping them smallish, as they are very rich and you want to have the right ration of walnut, chocolate and biscuit.

Ingredients

For the biscuit:

170 g	Soft salted butter
½ cup	Caster sugar
1 ½ cups	Standard flour
3 tbsp	Dark cocoa powder
2 cups	Cornflakes
½ tbsp	Baking powder
pinch	Salt

For the icing:

3 tbsp	Caster sugar
3 tbsp	Warm water
3 tbsp	Salted butter
3 tbsp	Dark cocoa powder
1 ½ cup	Icing sugar
24	Walnut halves

Method

Preheat the oven to 350°F / 180°C. Lightly grease two baking trays (or use baking paper) and set the racks in the middle of the oven.

Cream the butter and sugar until the mix is pale and fluffy. Add in the sifted flour, cocoa, baking powder, and salt. Once this is combined, crumble in the cornflakes and knead by hand to get an even mixture. . The mixture may look crumbly and dry, but this is what it is supposed to look like.

Form 24 evenly sized biscuits on the baking trays. Flatten them slightly with a fork. They will spread a bit during cooking so leave gaps around each one.

Place in the oven and bake for approximately 15 minutes (less if you are using a fan bake oven). Check on them after 10 minutes to ensure they are not burning on the bottom (if so, swop the two trays around). Remove from the oven when cooked, cool before icing.

To make the icing, place the caster sugar, water, and butter in a pot and gently bring to point where it melts and forms a syrup. Sift the cocoa and icing sugar into a bowl. Make a well in the dry ingredients and then pour in a ¼ of the syrup at a time. Ensure you stir constantly as you add the wet ingredients to the dry so you avoid lumps and get a smooth velvety icing. The icing should look like a ganache.

Spoon a dollop of icing onto each biscuit and gently press on a walnut half .

