

# The Ladyfinger biscuits



**Serves :**

40 ladyfingers



**Prep :**

20 min.



**Rest :**

Freezing : -  
Refrigeration : -



**Cook :**

Temperature : 356°F  
Time : 10 min.

## Special equipment

Baking sheet: 30\*40cm

Plain round piping tip: 16 mm

## List of recipes

✓ Ladyfinger



# Steps

- ☞ **Whisk the egg whites until stiff (add sugar to make them firm).**
- ☞ **Mix a little bit of the egg white mixture with the yolks.**
- ☞ **Pour the entire yolk mixture onto the egg whites and mix for 20 seconds using a mixer.**
- ☞ **Add the flour and cornstarch.**
- ☞ **Gently fold the mixture with a spatula.**
- ☞ **Pipe the biscuits using a 16mm round piping tip.**
- ☞ **Dust with powdered sugar.**
- ☞ **Bake at 180°C/356°F for 10 minutes.**

# The ladyfinger

## Ingredients

- ☑ 100 g ~ Superfine sugar
- ☑ 4 ~ Whole eggs
- ☑ 50 g ~ Pastry flour
- ☑ 50 g ~ Cornstarch
- ☑ Some powdered sugar

- Pour the sugar (100g) into a container.
- Separate 4 eggs (whites from yolks). Place the whites in the bowl of a stand mixer and the yolks in a separate bowl.
- Whisk the egg whites on medium speed. When they become frothy, add 1/3 of the sugar (approximately 35g).
- Then, gradually increase the speed and add the remaining sugar in 2 additions. During the last addition, whip the whites on high speed. They should be stiff peaks.
- Add a little bit of the whipped whites to the yolks and mix with a spatula.
- Pour all the yolks onto the whipped whites.
- Quickly mix with the stand mixer/whisk for about 20 seconds on medium speed.
- The mixture should be homogeneous and very airy.
- Sift 50g of flour and 50g of cornstarch onto the mixture.
- Gently fold the dry ingredients into the mixture using a spatula, being careful not to deflate the egg whites. The mixture should be homogeneous.
- Transfer the mixture into a piping bag fitted with a round nozzle (16mm).
- On a baking sheet, place a small dot of the mixture at each corner (this will act as glue). Then place a sheet of parchment paper on top.
- Pipe the biscuits (9-10 cm long), spacing them 2-3 cm apart.
- Generously sprinkle the biscuits with powdered sugar.
- Bake at 180°C/356°F in a fan-assisted oven for 10 minutes.
- Allow them to cool before removing. It's the paper that is peeled off, not the biscuit, to prevent breakage.
- You should yield around 40 biscuits, approximately 11-12 cm long.



## ❖ **Chocolate Ladyfinger Biscuits:**

Here's a recipe for chocolate ladyfinger biscuits (great for making a charlotte, for example)

- Egg whites (x5): 144g
- Egg yolks (x4-5): 80g
- Superfine sugar: 88g
- Cornstarch: 50g
- Flour (pastry): 24g
- Cocoa powder: 24g

## ❖ **Additional Notes:**

Some recipes suggest foaming the egg yolks before incorporating them into the beaten egg whites. However, I haven't noticed a significant difference.

The cornstarch helps achieve ladyfinger biscuits that are even lighter than the ones available commercially.

The great advantage of making them yourself is that you can make them in the desired size and create a strip of biscuits attached to each other. In this case, instead of spacing them 2-3 cm apart, simply place them side by side. You'll have something like a cartridge belt, which is very useful for making a charlotte.