



Ladyfingers

20'
Hands on

10'
Cook Time

50-60
Portion(s)

2
Difficulty



Ingredients

- 4 eggs, separated
- 100 g all-purpose flour
- 100 g granulated sugar
- 65 g icing sugar, + extra for dusting

Διατροφικός πίνακας

Nutrition information per portion

22 Calories (kcal)	0.0 Total Fat (g)	0.1 Saturated Fat (g)	4.1 Total Carbs (g)
1%	0%	1%	2%
2.8 Sugars (g)	0.6 Protein (g)	0.0 Fibre (g)	0.02 Sodium (g)
3%	1%	0%	0%

Method

- In a mixer, beat the egg whites into a meringue. When stiff peaks form, add the icing sugar and continue beating until stiff and glossy.
- Transfer meringue to a large [bowl](#). Use the same mixing bowl, without washing it. Beat the egg yolks with the sugar, until the mixture turns white and has a creamy texture.
- Add a spoonful of the meringue to the mixture to make it fluffier.
- Add the yolk mixture to the meringue.
- Gently fold in with a [spatula](#) to combine the 2 mixtures. Add the flour (preferably sifted) and mix gently with the spatula.
- Put the mixture in a [piping bag](#) fitted with a [piping tube](#) 1 cm in diameter.
- Preheat the oven to 190* C (374* F) Fan.
- Line 3 [baking pans](#) with parchment paper or silpat silicone liners. Pipe mixture onto liner of choice, making cookies whose length is 5 cm and width is 1.5 cm. Make sure to leave enough space between the cookies since they will rise while baking. There is enough mixture to make 50-60 cookies.
- Before placing them in the oven, dust with icing sugar, twice. The first layer will create a crust, while the second layer will help us create that nice sugary look on our ladyfingers.
- Bake for 10-12 minutes. Remove from oven. Let them cool in the baking sheets for 1-2 minutes so that they can harden a little before trying to remove them.

Tip

The cookies may stick to the parchment paper if it is not good quality. If they do, release with a [spatula](#) and cool on a [wire rack](#).