

LADYFINGERS DOUGH RECIPE

The Recipe

<https://cuisinedaubery.com/recipe/the-ladyfingers-dough-recipe/>

The Ladyfinger biscuit is used in many pastries and cakes

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Base, Sponge For Layer Cakes,

Ingredients

For 350 g (3/4lbs) of ladyfingers dough (before baking)

3 Eggs 1/3 Cup or 150 grams

1/2 teaspoon Cream of Tartar (1 gram)

1/2 Cup Sugar (100 grams)

2/3 Cup Flour (100 grams)

1 teaspoon Baking Powder (3 grams)

some Icing Sugar

For 700 g (1 1/2lbs) of ladyfingers dough (before baking)

6 Eggs 3/4 Cup or 300 grams

1/2 teaspoon Cream of Tartar (2 grams)

1 Cup Sugar (200 grams)

1 1/3 Cup Flour (200 grams)

1 teaspoon Baking Powder (6 grams)

some Icing Sugar

For 500 g (1 lbs 2 oz) of ladyfingers dough (before baking)

4.2 Eggs 1/2 Cup or 210 grams

1/2 teaspoon Cream of Tartar (1.4 grams)

2/3 Cup Sugar (142.8 grams)

1 Cup Flour (142.8 grams)

1 teaspoon Baking Powder (4.2 grams)

some Icing Sugar

For 250 g (9 oz) of ladyfingers dough (before baking)

2.1 Eggs 1/4 Cup or 105 grams

1/2 teaspoon Cream of Tartar (0.7 gram)

1/3 Cup Sugar (71.4 grams)

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1/2 Cup Flour (71.4 grams)
1/2 teaspoon Baking Powder (2.1 grams)
some Icing Sugar

Steps

1. Separate the Eggs (3) and place in the mixing bowl, then wait 30 minutes for them to warm up
2. Add in the Cream of Tartar (1/2 teaspoon or 1 g)

Beating the whites

3. Whisk the Egg Whites to soft peak for 5 minutes on Medium Speed
4. The Medium Speed is important. One mistake you want to avoid is to beat the whites on Maximum Speed from the start
5. After 5 minutes, add half of the Sugar (1/2 Cup or 100 g)
6. After 5 minutes, add the remaining of the Sugar (1/2 Cup or 100 g)
7. Beat a few minutes until whites are fully whipped and firm
8. You may also add Meringue Powder and beat for a few minutes
9. Add in and whip the 3 Egg Yolks
10. Sift the Flour (2/3 Cup or 100 g) and Baking Powder (1 teaspoon or 3 g) together over the mixing bowl containing the egg whites
11. Gently fold the mixture with a hand whisk
12. Incorporate a first half with a whisk, but do not whisk ! Use it to fold simply and gently
13. This is the final texture. You may see a few lumps, which is fine.
14. Add a second half, and gently fold the mixture with a rubber spatula
15. Fill a Pastry Bag with the mixture
16. The pastry tip size depends on what you are trying to do
Push and squeeze the Pastry Bag inside the tip firmly to avoid the batter to go out the Pastry Bag while you are transferring your batter
17. The Pastry Bag is the best tool to line up the dough before baking. However in some cases, you may pour the dough and use a long spatula to spread it, simply

For Circles

18. You may want to pipe out in circles, on a baking sheet lined with parchment paper or a silicon mat

For Sponge cake

"Glued" Lady fingers for a cake

19. You may want to pipe out ladyfingers as well
20. Leave some space between the ladyfingers

Individual Lady fingers

21. For individual lady fingers, I use a special mold called "silform"

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22. To get a crunchy texture, pastry chefs recommend to sprinkle Icing Sugar before baking

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Before baking

23. You want to sprinkle icing sugar, 3 times

Baking

24. Bake in preheated oven at 380 F / 190 C, for 10/15 minutes

25. I leave the oven door slightly open to lower the humidity in the oven

Removing the silicon mat

26. Do not peel the parchment paper (or silicon mat), you could tear your cake : place another baking mat

27. Flip over

28. Peel the baking mat