

Sponge Biscuits (Alain Ducasse)

Ingrédients

- 50 g of flour
- 50 g of cornstarch
- 125 g of egg whites (about 4 whites)
- 100 g of granulated sugar
- 80 g of egg yolks (about 4 yolks)

Préparation

1. Today for snack, it was ladyfingers!
2. I found this recipe on the website l'Académie du goût, and when they came out of the oven, the biscuits were perfect.
3. They are super quick to make and delicious to eat plain or to use for making a tiramisu or a charlotte.
4. Sift the flour and cornstarch.
5. Separately, whip the egg whites until stiff, then incorporate the sugar to stabilize them.
6. Then quickly incorporate the egg yolks using an electric mixer (mix for about 30 seconds), then gently fold in the flour-cornstarch mixture with a spatula.
7. Using a piping bag, form strips of dough on parchment paper, spacing them sufficiently so they don't stick during baking.
8. Sprinkle the biscuits with powdered sugar, then bake in a preheated oven at 190°C for about ten minutes.
9. The biscuits should be colored and soft.
10. Let cool, then sprinkle again with powdered sugar if desired.