

SAVOIARDI COOKIES

INGREDIENTS

3 eggs

⅓ cup white granulated sugar superfine or castor sugar is best (75 grams)

½ teaspoon very finely grated lemon zest
lemon extract or lemon oil can be used

1 teaspoon vanilla extract

95gms cake flour

2 tablespoons cornstarch

pinch fine salt

50gms powdered sugar, more as needed

INSTRUCTIONS

Step 1: Preheat the oven to 180°C. Line two large baking trays with non stick baking paper.

Step 2: Separate the eggs, putting the egg yolks into a small bowl for later. Beat the egg whites with an electric mixer with the whisk attachment until stiff peaks.

Step 4: Gradually add the sugar and continue beating until the sugar is dissolved and the mixture is thick and glossy.

Step 5: Mix the lemon zest and vanilla extracts into the egg yolks.

Step 6: Use a spatula to combine the egg yolk mixture with the egg whites until just incorporated.

Step 7: Sift the cake flour, cornstarch and salt over the egg mixture.

Step 8: Use a spatula to gently fold the dry ingredients in until just mixed. It is important to fold very gently to not to deflate the batter meaning that the savoiardi would be flat and not as spongy. The mixture will deflate a little but that's fine – you've got a lot of air into those egg whites.

Step 9: Use a piping bag with a plain ½ inch (1.5cm) tip (or you could just snip the end off, or use a ziplock bag filled with the batter.

Step 10: Pipe the batter into 5 inch (12cm) lengths leaving space between each to allow for spreading.

Step 11: Sift half of the powdered sugar over the savoiardi and wait for 5 minutes. The sugar will melt and look wet. That's what it's meant to do.

Step 12: After 5 minutes, sift over the remaining powdered sugar. You may need a little bit more. Sprinkling with powdered sugar is what creates the characteristic crust of savoiardi.

Step 13: Bake savoiardi cookies for 10 minutes, then rotate the baking trays and bake for another 5 minutes.

Step 14: Allow to cool for 5 minutes then remove with a metal spatula while still warm and cool on a wire rack.

THE COOKERY

by The Secret Jozi Chef