

Charlotte Russe

Ingredients

About 18 Savoy biscuits, 3/4 pint of cream, flavouring of vanilla, liqueurs, or wine, 1 tablespoonful of pounded sugar, 1/2 oz. of isinglass.

Method

Procure about 18 Savoy biscuits, or ladies' fingers, as they are sometimes called; brush the edges of them with the white of an egg, and line the bottom of a plain round mould, placing them like a star or rosette. Stand them upright all round the edge; carefully put them so closely together that the white of the egg connects them firmly, and place this case in the oven for about 5 minutes, just to dry the egg. Whisk the cream to a stiff froth, with the sugar, flavouring, and melted isinglass; fill the charlotte with it, cover with a slice of sponge-cake cut in the shape of the mould; place it in ice, where let it remain till ready for table; then turn it on a dish, remove the mould, and serve. 1 tablespoonful of liqueur of any kind, or 4 tablespoonfuls of wine, would nicely flavour the above proportion of cream. For arranging the biscuits in the mould, cut them to the shape required, so that they fit in nicely, and level them with the mould at the top, that, when turned out, there may be something firm to rest upon. Great care and attention is required in the turning out of this dish, that the cream does not burst the case; and the edges of the biscuits must have the smallest quantity of egg brushed over them, or it would stick to the mould, and so prevent the charlotte from coming away properly.

Source: Mrs Beeton's Book of Household Management (1861)

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