

Savoy Biscuits Or Cakes

Ingredients

4 eggs, 6 oz. of pounded sugar, the rind of 1 lemon, 6 oz. of flour.

Method

Break the eggs into a basin, separating the whites from the yolks; beat the yolks well, mix with them the pounded sugar and grated lemon-rind, and beat these ingredients together for 1/4 hour. Then dredge in the flour gradually, and when the whites of the eggs have been whisked to a solid froth, stir them to the flour, &c.; beat the mixture well for another 5 minutes, then draw it along in strips upon thick cartridge paper to the proper size of the biscuit, and bake them in rather a hot oven; but let them be carefully watched, as they are soon done, and a few seconds over the proper time will scorch and spoil them. These biscuits, or ladies' fingers, as they are called, are used for making Charlotte russes, and for a variety of fancy sweet dishes.

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

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