

# Gluten-Free *Ladyfingers*

**4 eggs, separated into 4 whites and 4 yolks**

**1/2 cup + 2 tbs. sugar**

**1 cup flour**

**Preparation time: 15 minutes**

**Cook time: 8-11 minutes**

**Yields many many ladyfingers (about 2 dozen)**

1. Pre-heat oven to 320 degrees Fahrenheit, line a baking sheet with parchment paper, and prepare either a pastry bag with a 1/2" tip or get out a large zip-lock bag to improvise as your pastry bag. Measure out ingredients and separate eggs into yolks and whites before you start whisking a thing!
  2. Whisk your yolks until they are a bit frothy and mousse-like either by hand or in an electric mixer over medium speed.
  3. Add **1/2 of the sugar** and whisk vigorously until it is "blanched" or white and stiff enough to not move around easily when tilted. (about 4-5 minutes by hand or 1-2 minutes over medium-high speed in a mixer.) Set aside.
  4. Whisk egg whites in a separate bowl until soft peaks form. (Same goes for electric mixer/by hand as above.)
  5. Add the remaining 1/2 of the sugar and whisk vigorously until stiff peaks form, aka, the "bird beak" phase. (see left!)
  6. Immediately add about 1/3 cup egg whites into yolk mixture and whisk together.
  7. Gently pour the egg yolk mixture over the beaten whites (you don't want to flatten your whites or your yolks, or you'll have flat ladyfingers!)
  8. Very gently stir together the yolks and whites with a spatula, making sure not to push down on the mixture to maintain the air and bubbles in your meringues!
  9. Lightly dust the mixture with all of the rice flour, and, once again, very cautiously incorporate the flour into the mixture with a spatula *just* until flour is combined and you no longer see any chunks of it. (Do not overmix.)
  10. Scoop you mixture into either a pastry bag with a 1/2" tip or a zip lock bag and cut a 1/2" opening. Pipe your ladyfingers to about 2 1/2"-3".
  11. Bake for about 8-11 minutes, depending on the power of your oven, or until tops have turned golden and the bottoms are also cooked and the middle is cooked through, meaning, no liquid. Remove gently from the paper after a few minutes of cooling.
- If you want to get fancy making a layered dessert, or don't want to use a pastry bag, you can pour the batter onto a large parchment-paper lined baking sheet and cut out circles using the top of a cup or a cookie cutter. Fill the middle with whipped cream, ice cream, strawberry preserves, melted chocolate and butter (yum), or whatever you're craving.