

Savoy Biscuits

Superfine or granulated sugar, for dusting

6 large eggs

12 ounces (1 ½ cups) sugar

Grated zest of 1 lemon or 1 small orange

5 ounces (1 cup) pastry or cake flour

1. Position a rack in the center of the oven and preheat the oven to 350 degrees. Butter 24 Savoy biscuit or standard muffin pans and dust lightly with superfine or granulated sugar, or omit this and line the tins with standard cupcake paper baking cups. Separate the eggs into two bowls. Using a spoon, whisk, or electric mixer fitted with the whisk attachment, beat the egg yolks until smooth. Gradually beat in the sugar until it falls in thick ribbons from the spoon or whisk. Beat in the zest and gradually incorporate the flour. The batter will be fairly stiff.
2. Using a clean bowl, or the bowl of an electric mixer fitted with the whisk, whip the egg whites until they form firm glossy peaks. Fold one-quarter of them into the yolk mixture to soften it, then gently fold in the remaining egg whites, one-third at a time. Spoon the batter into the prepared muffin pans, filling them about two-thirds full. Bake until puffed, golden brown, and set, about 14 to 16 minutes.
3. Place the pans on a wire rack and cool for about 10 minutes. If biscuits were not baked in paper cups, run a sharp knife around their edges to loosen them. Invert the pans, carefully remove the biscuits, and cool completely on wire racks. The biscuits may be served plain, dusted with superfine sugar, or with Wine Sauce.