



BAKING ARTS

Swiss Buttercream

1/2	cup	egg whites (4 oz)
1 1/4	cup	sugar (8oz)
3	sticks	butter, <u>must</u> be unsalted and room temp (12oz)
2	tsp	vanilla extract

Combine egg whites and sugar in a bowl set over a bain marie. Whisk until the eggs have reached 140F on a thermometer or feels hot to the touch. For additional safety, you may heat the egg whites to 160F to pasteurize the eggs.

Whip the warmed egg white mixture in an electric mixer until just cool to the touch, 5-10 minutes. Change to flat beater (if available) and gradually add butter 1 piece at a time, beating well after each addition. If buttercream is warm, it may look soupy. Chill briefly and then rebeat until smooth. If the buttercream looks grainy, the butter was probably too cold. Warm the buttercream over a larger bowl of warm water and then beat until smooth. Add vanilla and beat until incorporated. Always remember that if the buttercream hasn't come together smoothly, it is either too cool or too warm. Adjust as necessary.

Just before using, mix on low speed with the paddle attachment to smooth out the buttercream and reduce air bubbles.

Buttercream may be made 1 week ahead and kept refrigerated or frozen up to 1 month. Bring buttercream to room temperature and beat until smooth.

Variations:

- Add 8-10oz melted milk, white or dark chocolate to the recipe after the vanilla.
- Add 1/4 cup praline paste. This can be added alone or in addition to chocolate.
- Add 2 tbspn instant coffee in 1 tbsp hot water.
- Add 1/2 cup of pureed raspberries or strawberries (preferably from frozen). You may need to add a drop of red coloring if the icing will be kept more than one day.
- Add any flavored liquor or extract (lemon, orange...)