

Italian Meringue Buttercream Frosting

Yield: approximately 4 cups

Ingredients

8 large egg whites, room temperature

2½ cups granulated sugar

¼ tsp salt

½ cup water

2 Tbsp light corn syrup

2 tsp vanilla extract

6 sticks unsalted butter, softened and cut into tablespoon-sized pieces

Instructions

In the bowl of a stand mixer with whip attachment, whip the egg whites on low speed.

Combine the sugar, salt, water, and corn syrup in a small saucepan and cook on the stove over medium heat until it reaches 238 degrees F (soft ball stage). Remove from heat and move onto the next step immediately while sugar mixture is still very hot.

Increase mixer speed to medium-high, and very slowly pour the hot sugar mixture down the side of the mixing bowl into the egg whites, taking care not to pour into the moving whip.

Increase speed to high and whip until the mixture is thick, glossy, and cooled to room temperature, 6-8 minutes or more. Add the vanilla and whip until just combined.

At this point the meringue mixture needs to be cool enough so that you can comfortably touch the side of the metal mixing bowl. You can speed up this process by placing frozen damp towels or small flexible ice packs below or around the sides of the mixing bowl while whipping.

Change to regular mixing paddle. Reduce speed to low and slowly add softened butter 1-2 pieces at a time. Scrape down the sides of the bowl, then increase speed to medium, whipping until the mixture is thickened and completely smooth—about 10 minutes.

Notes and Tips

Adding the very hot sugar mixture into the room-temperature egg whites brings them up to 160 degrees, ensuring food safety.

Note that if the meringue mixture is not sufficiently cooled before adding butter, it will melt the butter, resulting in a soupy texture. If this happens, place the meringue in the fridge for a few minutes to cool it down. Then try whipping and starting to add butter again.