

Royal Icing Recipe

This recipe comes from www.sweetopia.net

Ingredients:

6 oz. (3/4 cup) of warm water

5 Tablespoons Meringue Powder

1 teaspoon cream of tartar

1 kilogram (2.25 lbs.) powdered icing sugar

*** Note; if your meringue powder has no vanilla flavour (vanillin powder) in it, add a teaspoon of clear vanilla to this recipe.

Directions:

In mixer bowl, pour in the warm water and the meringue powder. Mix it with a whisk by hand until it is frothy and thickened...about 30 seconds.

Add the cream of tartar and mix for 30 seconds more.

Pour in all the icing sugar at once and place the bowl on the mixer.

Using the paddle attachment on the LOWEST speed, mix slowly for a full 10 minutes. Icing will get thick and creamy.

Cover the bowl with a dampened tea towel to prevent crusting and drying.

Tint with food colourings or thin the icing with small amounts of warm water to reach the desired consistency.

The trick I use to make sure my icing is at the right consistency is called the "10 second rule". Drag a butter knife through the surface of your royal icing and count to 10. If the icing surface becomes smooth in anywhere between 5-10 seconds, then your icing is ready to use. If it takes longer than approximately 10 seconds, the icing is too thick. Slowly add more water. If your icing surface smoothes over in less than 5-10 seconds, it is too runny. Mix your icing longer or slowly add more sifted icing sugar to thicken it.

I learned a slightly different '10 second rule', through Sarah Bell at Bonnie Gordon School of Cake Decorating... she likes to dip a spoon into the icing, lift it and let ribbons of icing drop back into the bowl, and count how many seconds it takes to make that surface flat again. (5-10 seconds).