

Salt and Serenity

Royal Icing

This recipe came from www.coppergifts.com, a great source for unusual copper cookie cutters. It calls for meringue powder (instead of raw egg whites). It also calls for clear vanilla extract, so that the pure white icing does not discolour. I buy it online from Golda's Kitchen.

It makes a huge batch, so you can divide it into separate bowls for different colours, if desired. Cover icing in airtight container if making it ahead of time, as it will dry out quickly.

2 pounds icing (confectioners) sugar (about 8 cups)

6 tablespoons meringue powder

½ cup warm water

¾ teaspoon clear vanilla extract

Optional flavourings: (use only one at a time!)

- ½ teaspoon lemon extract
- ½ teaspoon mint extract
- ½ teaspoon orange extract
- ½ teaspoon almond extract

1. Put 1½ pounds (6 cups) of icing sugar in the mixer bowl. Add meringue powder. Thoroughly mix the two.
2. Add approximately ½ cup warm water or just enough to get the icing fairly thin, beating on low speed.
3. Add flavourings if desired.
4. Add remaining ½ pound (2 cups) powdered sugar and enough additional water to get the frosting the consistency you want. Mix on medium speed until smooth.
5. Transfer to covered container so it does not harden.

For piping an outline, you want a thicker consistency, a little thinner than toothpaste. For filling in an outline (flooding) thin out the icing with a little water until it is the consistency of chocolate syrup.