



Design Me a Cake

www.designmeacake.com

Edna De la Cruz

Crusting Buttercream Recipe

Ingredients:

1/2 cup solid High Ratio Shortening
1/2 cup butter softened
1 tablespoon of merengue powder
1 teaspoon Clear Vanilla Extract (or extract of choice)
4 cups sifted confectioner's sugar (approx. 1 lb.)
2 tablespoons milk

Directions:

In large bowl, cream shortening and butter with electric mixer. Add vanilla and milk. Add the merengue powder with the sugar and sift in a bowl. Gradually add sugar, one cup at a time, beating on a slow speed. Scrape sides and bottom of bowl often. Keep bowl or covered with a damp cloth until ready to use. Refrigerated in an airtight container, this icing can be stored 2 weeks. Don't over whip or it will bring air to the icing and is impossible to smooth. If you have a kitchen Aid use white attachment, not whip attachment. You can use coffee creamers for flavorings or combine extracts.

YIELD: Makes about 3 cups.

For thin (spreading) consistency icing, add 2 tablespoons light corn syrup, water or milk.

For Pure White Icing (stiff consistency), omit butter; substitute an additional 1/2 cup shortening for butter and 1/2 teaspoon No-Color Butter Flavor. Add up to 4 tablespoons light corn syrup, water or milk to thin for icing cakes.

If you are using a vegetable shortening without the trans fats, the consistency of the icing will change. Use whole milk to bring some fat to the mix. Or try to use a vegetable shortening that has all the trans fat. For best results, use High Ratio Shortening.

I rather use high ratio shortening than shortenings that have no trans fats. The consistency changes a lot when it's used with shortenings like Crisco. The buttercream is more crumbly and dry when it's done with 0 trans fat. And more smooth when it's done with high ratio. The latest news is that Walmart is making their shortening 0 trans fat. So try and find one that has fat in it.

* Your best bet will always be high ratio shortening like CK High Ratio, Sweetex or Alpine. These are the most common ones out there. Usually found in food suppliers. Sometimes found in Sams or Costco, but not in all of them.

*Keep in mind that you can use less butter for a stronger icing. Just compensate it with more High Ratio Shortening and add butter extract.

*I add some almond extract too. If you use Crisco, your icing might be gritty. The grittiness is caused by the lack of quality in the vegetable shortening. For a good buttercream that is smooth, use High Ratio Shortening.

*My 2 favorite shortenings are Sweetex and Ck Company. You can find these in food supply stores, restaurant supply stores, or in the internet. Some stores only sell the 50 pounds blocks but there are places in the internet you can buy them by the pounds.

www.designmeacake.com