

Reduce by 4

MISE EN PLACE

- Bring all ingredients to room temperature.
- Soften butter.



- 1 Pouring the sugar syrup into the whipping egg whites.



- 2 Adding the softened butter to the Italian meringue.

ITALIAN BUTTERCREAM

YIELD 5 lb. 5 oz. (2.4 kg)

Egg whites	14 oz. (14 whites)	400 g
Granulated sugar	1 lb. 11 oz.	750 g
Water	as needed	as needed
Lightly salted or unsalted butter, softened but not melted	2 lb. 12 oz.	1250 g

- 1 All ingredients should be at room temperature before beginning.
- 2 Place the egg whites in a mixer bowl. Measure out 9 ounces (270 grams) of the sugar and keep it near the mixer.
- 3 Place the remaining 1 pound 2 ounces (540 grams) sugar in a heavy saucepan with enough water to moisten. Bring to a boil over high heat.
- 4 As the sugar syrup's temperature approaches 220°F (104°C) on a candy thermometer, begin whipping the egg whites. Watch the sugar closely so that the temperature does not exceed 240°F (116°C).
- 5 When the egg whites form soft peaks, gradually add the 9 ounces (270 grams) of sugar. Reduce the mixer speed to medium and continue whipping the egg whites to medium peaks.
- 6 When the sugar syrup reaches the soft ball stage (240°F/116°C) on a candy thermometer, immediately pour the syrup into the whites while the mixer is running at medium speed. Pour the syrup in a steady stream between the side of the bowl and the beater. If it hits the beater, the syrup will splatter and cause lumps. Continue beating at medium speed until the egg whites are completely cool. At this point, the product is known as **Italian meringue**.
- 7 Gradually whip the softened butter into the Italian meringue. When all the butter is incorporated, add flavoring ingredients as desired.

Variations:

Chocolate Italian Buttercream—Add 0.5 fluid ounces (15 milliliters) vanilla extract to the buttercream, then stir in 10 ounces (300 grams) melted and cooled bittersweet chocolate.

Lemon Italian Buttercream—Add 1 fluid ounce (30 milliliters) lemon extract and 0.4 ounce (2 tablespoons/12 grams) grated lemon zest to the buttercream.

Coffee Italian Buttercream—Add 1 fluid ounce (30 milliliters) coffee extract or strong brewed coffee to the buttercream.

Approximate values per 1-oz. (30-g) serving: **Calories** 175, **Total fat** 13 g, **Saturated fat** 8 g, **Cholesterol** 34 mg, **Sodium** 140 mg, **Total carbohydrates** 16 g, **Protein** 1 g, **Vitamin A** 10%

Reminder for Italian Meringue:

No stabilization of sugar necessary in a sauce pan cook the sugar, corn syrup and water until 116° turn egg whites on #3 high mixing and slowly add the hot syrup until stiff peaks bowl is no longer warm.

20 grams corn syrup to sugar & water = 116°

no need to stabilize with sugar all sugar with corn syrup and water 116°

Place on #3 high speed pour slowly on side of bowl

- not warm
- stiff peaks