

# Seven-Minute Frosting

Preparation time 10 minutes

Cook time 7 minutes

Makes enough frosting for a 23cm/9in two-layer cake



## Ingredients

- 60 grams (about 2) egg whites, at room temperature
- 300 grams (1½ cup) sugar
- 75 milliliters (5 tablespoons) cold water
- 14 grams (2 teaspoons) light corn syrup
- ¼ teaspoon cream of tartar
- Pinch of salt
- 1 teaspoon vanilla extract

## Method

1. Measure the ingredients.
2. Mix the first six ingredients together in a large, stainless-steel bowl and then beat with a handheld electric mixer, for about 30 seconds.
3. Set the bowl in a wide, deep pan filled with gently simmering water or a *bain mair*e. The water level should be as high as the depth of the mixture in the bowl to ensure that the sugar dissolves.
4. Beat the whites first on low speed, increasing to high speed. Continue beating at high speed for about 7 minutes, or until the mixture is stiff, glossy and registers 72C/161F on a digital thermometer. The bowl must remain in the pan and you must beat the mixture continuously. Ask someone to help you keep an eye on thermometer and to hold it place while continuing to beat.
5. Once the mixture reached the desired temperature, remove the bowl from the pan, add the vanilla, and beat for another 2 minutes on high speed to cool.
6. Immediately after making your frosting decorate your cake or cupcakes as it will set quickly. Soon after decorating, serve as the frosting will deflate and dry out/harden in some areas over time.

## Factors to keep in mind:

Seven-Minute Frosting requires precision to make so keep these common pitfalls in mind when making this recipe:

- The beaters/bowl must be completely clean or the result will not be a glossy, fluffy frosting.
- The sugar dissolves with the beating and heat. If there are undissolved sugar crystals in the mixture or on the sides of the bowl, the frosting will be gritty and crystallize. Make sure that the mixture is well blended in step 2 and that there are no sugar crystals on the side of the bowl. Ensure that the water level is as high as the depth of the mixture in the bowl in step 3 to ensure

that the sugar dissolves.

- Timing and temperature matter. Extended cooking times will affect the frosting, as the warmth will reduce the moisture via evaporation, resulting in a dry, gritty consistency and a reduced amount of frosting. Too little cooking time or not the right temperature also can affect the frosting, with the end result being too runny or grainy. Make sure to stick your thermometer deep into the center of the egg white mixture when registering the temperature.
- Humidity and rain matter. Moisture in the air will keep the frosting from becoming fluffy. A cool, dry day is best.

Published: 6 August 2022