Swiss Meringue Buttercream Recipe

Ingredients:

Makes more than enough for 24 cupcakes-

250gms unsalted butter

120gms caster sugar

1tsp vanilla extract

2 Eggs (Whites Only)

Method:

Warning: *Overwhelmingly buttery and soft. This recipe is not suitable for warm days.*

Start by adding the caster sugar to egg whites in a heatproof bowl. Put this bowl over simmering water in a double boiler and whisk until the sugar dissolves in the egg whites. Test this by putting some of the mixture between your thumb and forefinger – it should be warm and silky and you should not be able to feel any sugar granules. For the more technical among us, the temperature of this mixture should reach around 60C (140F). Take the heatproof bowl off the double boiler and transfer mixture to a kitchen mixer bowl. If you were thinking ahead, you would have used the kitchen mixer bowl over simmering water.

Fit the whisk attachment to the mixer and whisk away for a good 3-4 minutes on high speed, or until the mixture is bright white in colour and does not move in the bowl. The bowl should be cool to touch at the end of this process. You can use a hand held whisk to achieve this. You now have the meringue.

Ensure that the bowl is cool enough for the butter to not melt when you start adding it to the meringue. Divide the butter into 8 soft blocks. Reduce the speed in the mixer to medium and start adding the butter, one little block at a time. Wait until the butter has been mixed thoroughly before adding another block. After around five blocks have been added, you will gaze in bewilderment, as the mixture will look curdled. Put your faith in kitchen mixers and keep adding the butter. The buttercream will start coming together once the butter has been added. This will take around 4-5 minutes. Finally, add the vanilla extract. Oh joy!

Use gel or paste colours to colour this icing. Slather on cupcakes or even large cakes. Enjoy!