

Boiled White Icing

250 ml white or packed brown **sugar** 5 ml vanilla
125 ml water Options:
3 large egg whites 2.5 ml maple/walnut/pecan extract/syrup
1 ml cream of tartar

ALLOW cake to cool to room temperature.

STIR sugar and water in a small heavy saucepan until the sugar is dissolved.

BRING to BOIL over high heat.

REDUCE heat to low.

COVER and SIMMER to allow the steam to wash down any sugar crystals (2 minutes).

UNCOVER and COOK to about 112°C. The soft ball stage.

Meanwhile:

In a large bowl at medium-high speed, BEAT egg whites and cream of tartar until stiff.

REDUCE speed to low and continue to BEAT until syrup is ready.

DIP the bottom of the syrup pan in cold water for 1 second to stop the cooking.

In a thin stream, ADD syrup to egg whites while BEATING on high.

ADD vanilla.

BEAT on high until the icing has cooled (4 minutes.)

REDUCE speed to medium and BEAT 1 more minute.

USE at once.

Notes: Boiled Icing made with brown sugar and maple extract is very good on Rose's Spice Cake.