

7 Minute Frosting

is a classic, fluffy, and delightfully sweet icing that is perfect for adding the finishing touch to cakes, cupcakes, and other baked treats. With its light and airy texture, this frosting is both delicious and visually appealing. While the exact origins of 7 Minute Frosting are uncertain, it has been a beloved staple in American baking for many years, often used on cakes for special occasions such as birthdays and weddings.

This versatile frosting pairs well with a variety of desserts and can be served in numerous ways. It perfectly complements classic flavors like vanilla and chocolate, but is also a great match for fruity cakes like lemon or coconut. You can get creative and experiment by adding different flavors to the frosting, such as coffee, extracts, or citrus zest. For a simple serving suggestion, spread the 7 Minute Frosting generously over a freshly baked cake or cupcakes. It can also be piped in decorative patterns to create an elegant look. Consider adding a sprinkle of shredded coconut, crushed nuts, or colorful sprinkles on top for added texture and decoration.

Recipe: 7 Minute Frosting

Ingredients:

5 egg whites
1 2/3 cups granulated sugar
1 teaspoon vanilla extract
1/2 teaspoon cream of tartar

Pro Tip: For best results, regarding your egg whites, separate those from real eggs versus using from an egg carton.

Instructions:

1. Clean the mixer bowl and whisks with lemon juice or vinegar.

Why? Even a small amount of grease can interfere with the whipping process of egg whites, preventing them from reaching the desired stiff peaks. Cleaning with lemon juice or vinegar helps remove any lingering traces of grease and ensures better results when making meringue or whipped egg whites.

2. In the mixer bowl, combine egg whites, sugar, and cream of tartar.

3. Place the bowl over simmering water and stir until hot, smooth, and it reaches 160°F (2-3 minutes).

4. Transfer the bowl to the stand mixer and whip on medium-high until stiff. This should take around 6 minutes or so.

5. Gradually add vanilla while whipping; adjust flavor to taste.

Your delightful 7 Minute Frosting is now ready to be used. Spread it generously over your favorite cake or cupcakes, creating a smooth and luscious layer of sweetness. Remember to store any leftovers covered in the refrigerator, but allow them to come to room temperature before using again for best results. Enjoy the light and airy goodness of this classic frosting, making your baked goods even more delicious and visually appealing.

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