

FINESPUN

cakes

Italian Meringue Buttercream Recipe

Yield (Single Batch)- 800g

Easily Doubled or Tripled, depending on the size of your stand mixer

Ingredients

- 125g Pasteurized Egg Whites
- 225g Granulated Sugar
- 454g Unsalted Butter, room temperature
- 65g Water
- Pinch of Salt

Flavours & Colours

- Flavouring- [Vanilla Bean Paste](#), Caramel, [Chocolate](#), Jam, Freeze Dried Fruits anything with low water content, to taste
- Colouring- Gel Paste Colours like [Progel](#), [Sugarflair](#) or [Chefmaster](#)

Tools

- Stand Mixer with Whisk Attachment ([6 Quart](#) or [5 Quart](#))
- Small Pot (very clean, see Troubleshooting below)
- Metal Fork
- [Candy or Probe Thermometer](#)
- [Kitchen Scale](#)
- Small Bowl
- Flexible Silicone Spatula
- Storage Container if not using immediately

Instructions

1. Mise en place (prepare) your ingredients. Scale out egg whites and a pinch of salt into your mixer bowl, sugar and water into a small pot, and butter in a small bowl. Soften the butter by chopping it up a bit using your silicone spatula.
2. Turn your stand mixer with the whisk attachment on high to whip your egg whites to medium-stiff peaks. When they're done they shouldn't fall off the whisk and should hold a peak.
3. Turn on your burner to cook the sugar, place a candy or probe thermometer inside the sugar making sure it's fully submerged. Cook to 121C or 250F. Only stir at the beginning to help sugar dissolve evenly using a clean metal utensil like a fork, once it's boiling leave undisturbed to cook.
4. With your stand mixer on medium speed, slowly pour all the sugar down the side of your bowl so it doesn't touch the whisk attachment.
5. Once you're done, turn the mixer up to high and allow the mixer to whip and the meringue to cool until when you touch the bowl it feels like it's the same temperature as your hand.
6. With the mixer at medium-low speed, add one spatula-full of butter, about $\frac{1}{4}$ cup, at a time and continue until all the butter has been added to the meringue, scraping the bowl clean.
7. Allow buttercream to whip on high speed until it's light, fluffy, and almost white, scraping down the sides of the bowl early on so all of the butter is incorporated. This can take up to 10 minutes depending on the temperature of your kitchen.

Troubleshooting

- If after step 7 your buttercream is too soupy, it's too warm. Place your bowl with the whisk in the fridge for about 15 minutes and re-whip. Repeat again if it's still too soft.
- If after step 7 your buttercream is curdled, it's too cold. Place your bowl over a double boiler until you see the edges of the buttercream begin to melt, then re-whip. Repeat again if the buttercream is still curdled.

- If your sugar crystallizes it means your pot wasn't clean or it was contaminated by your utensil. You must be sure your pot and utensils are spotless and oil-free before cooking sugar in them to prevent crystallization.
- If your meringue is a little soupy (not stiff peaks after step 5) that's okay, it just means the sugar wasn't cooked to a high enough temperature. The probe may have been touching a hot-spot at the bottom of the pot. As long as the meringue has some thickness (not watery), you should be able to proceed without trouble.

If you're not enrolled already, I hope to see you in my class [*Creative Buttercream Cakes: Sharp Corners to Modern Textures*](#), which is out on SkillShare now!

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