



WITH JOSHUA JOHN RUSSELL



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ITALIAN MERINGUE MAPLE BUTTERCREAM

YIELD: Makes enough to fill and ice a 10-inch (25-cm) cake

Ingredients

- 8 egg whites (about 1 cup/240 g)
- Pinch of salt
- 8 ounces (227 g) pure maple syrup
- 1½ pounds (680 g) unsalted butter
- 1 cup (120 g) confectioners' sugar
- 1 tablespoon Madagascar bourbon vanilla

Preparation

1. In a stand mixer fitted with the whip attachment, place the egg whites and salt. Don't start the mixer yet.
2. Heat the maple syrup in a small saucepan on high heat to reduce by half, which should take 6 minutes. Use a timer, and be careful not to over-reduce.
3. Once the timer reaches 3 minutes, turn the mixer on high and start whipping the egg whites.
4. After 6 minutes, turn the mixer to medium speed and very carefully and slowly pour the hot syrup into the whipping egg whites in a thin stream. Try to pour the syrup in between the moving whip and the edge of the bowl to prevent it from splashing.
5. Continue whipping the mixture until cool, 8 to 10 minutes. You can check by touching the side of the bowl, which should be cool to the touch.
6. With the mixer on medium speed, add the butter in small pieces.
7. Reduce the speed to low and add the sugar and vanilla, mixing until incorporated.