

Meringue Frosting

2 cups sugar
2/3 cups water
6 egg whites
pinch of salt
1/4 teaspoon cream of tartar
1 teaspoon vanilla extract
(optional 3 tablespoons unsalted butter, at room temperature)

Combine the sugar and water in a heavy medium saucepan and bring to a boil without stirring. Boil until it reaches the soft ball stage, 240 degrees on a candy thermometer.

While the syrup is cooking, beat the egg whites with the salt and cream of tartar until stiff peaks form. When the syrup reaches 240 degrees, pour 1/4 cup of the syrup into the stiffly beaten egg whites, drop by drop, beating at high speed. Gradually add the rest of the syrup in a fine stream and beat for 8 to 12 minutes, or until the mixture is cool. It should be glossy and thick, but not dry. At this point, add the vanilla and optional butter and beat until smooth. The mixture must be thoroughly cool or it will melt the butter. The added butter will make this frosting much looser. If you are piping it or want a firmer frosting, do not add the butter.

Makes about 6 cups.

Bon Appetit... Buon Appetito... Buen Apetito... Cheers, Pam & Diane, the 2 Stews

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