

# Italian Meringue Buttercream Recipe

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Prep. time : 20 minutes

Cook time : 5 minutes

Ready in 30 minutes

Level : Advanced

## Ingredients:

- Egg whites 150g (5.3oz or 5 medium egg whites)
- Sugar 250g (8.8oz)
- Butter 350g (12.3oz)
- Water, as needed

## Directions

1. Put sugar and water into a saucepan and bring to a boil. Place egg whites into a bowl of a stand mixer with a whisk attachment.
2. When the syrup boils, continue cooking, and when it reaches 113°C (235°F), start whisking egg whites on medium speed.
3. When the syrup reaches soft ball stage 118°C (245°F), pour it immediately over whipped egg whites. Be careful that boiling syrup doesn't fall on the whisk because it can splatter on your hands or face. Continue whisking until meringue cools at room temperature.
4. Gradually add softened butter. When all the butter is mixed in, add flavoring or extract.