

## Ceri's Royal Icing recipe (using real egg whites)

I have been asked many times, by many people, in many countries to share a recipe for royal icing that uses real egg whites, not everyone has access to the dried albumen powders or pre-mixes that are so readily available to myself. This is a recipe from my college days, 35 years ago, I have adjusted it a little using ingredients that should be available to all wherever you live.

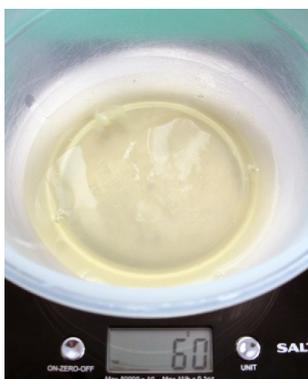
**This royal icing uses real egg whites so do not keep it for more than 4 days in its wet state, once it is has dried it is fine for months as long as it is kept dust and damp-free.**

### Recipe

60g Real egg whites  
2 Teaspoons of lemon juice  
500g Icing or confectioners' sugar  
Total mixing time: 4 minutes

### Method:

Make sure all of your equipment has been washed in hot soapy water to ensure it is grease-free before you make any royal icing.



1. Crack your eggs and divide the yolk from the whites, make sure none of the yolk gets into the egg whites because egg yolk contains fat. If there is a connecting piece of albumen within your egg whites it is wise to remove it. Weigh 60g of the egg whites into a clean bowl then transfer this to your mixing bowl.



2. Add the two teaspoons of lemon juice directly to the mixing bowl of egg whites; this lemon juice could be from a bottle or a real lemon, if you are using a real lemon however it is wise to sieve the juice to remove any particles which could be within the juice.



3. Using a K beater turn your machine onto a low speed for about one minute to break up the egg whites and lemon juice. Do not beat this too long as it is not meant to turn into a meringue, turn off the machine after one minute.



4. Weigh 500g of sieved icing or confectioners' sugar and add all of it to the egg whites and lemon juice in the mixing bowl.



5. Turn your machine onto its lowest setting; I use a Kenwood Chef so the lowest speed I have is approximate 4 marks as shown here.



6. After one minute stop the machine and scrape down the inside of the machine bowl making sure that all ingredients are being incorporated.
7. Turn your machine back on to the slow speed and mix for another two minutes, and then once again scrape the bowl down.



8. After mixing your royal icing for a further one minute it should be ready to use. At this point should you want softer eating royal icing for coating your cakes then I would recommend adding 1 teaspoon of glycerine at this stage. Do not add glycerine if you are planning to pipe flowers or do any fine piping such as linework, off-pieces or extension work.

**Please note:** This recipe is as exact as I can make it but royal icing can be effected by climate and humidity therefore if your royal icing is too soft add a little more sieved icing or confectioners sugar, if it is too stiff then add one or two drops of cooled boiled water.

For larger batches of royal icing multiply the quantities given but be aware it may require slightly longer mixing time due to the increase in the volume of ingredients.

