

## Recipe



### White chocolate Italian meringue butter cream

600 g Unsalted butter  
Teaspoon vanilla extract (optional)

400 g granulated sugar  
200 mls cold water  
Few drops lemon juice or pinch of cream of tartar  
25 g Glucose syrup / Corn syrup

240 mls egg white (7 med egg whites)  
200g melted white chocolate

### Method

- Place the sugar, water and glucose into a clean saucepan.
- Put the egg whites into a clean, grease free stainless steel bowl.
- Bring the water and sugar to the boil, stirring only to the boil, then wash the sides down with cold water during boiling to prevent any sugar crystals from forming.
- After the sugar has been boiling for a few minutes, start to whisk the egg whites with the lemon juice or cream of tartar until full peak. Do not stop whisking or the egg whites will split, just lower the speed.
- Test the sugar on a thermometer 120c soft ball, or when it forms a clear soft ball when a little is dropped into cold water.
- Dip the bottom of the saucepan into cold water, once the required temperature is reached, then pour in a steady stream onto the egg whites, whisking as you pour.
- Continue to whisk until the meringue is tepid, then gradually add the unsalted butter. The butter will emulsify with the meringue and become thicker as it cools
- Take a little of the meringue and add it to the melted white chocolate, then add this back into the bulk of the meringue and blend together.
- The buttercream is now ready for use. Store in a sealed container in the fridge.

### Tip

If the buttercream separates, just rewarm over a pan of simmering water and whisk.