

Heritage Recipes

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Boiled, 7-Minute or Sea Foam Frosting

2 eggs whites, brought to room temperature

1/4 tsp cream of tartar

1 tbsp of white corn syrup

1 cup sugar

1/4 cup very hot water

(large bowl filled 1/4 full of hot water to sit the bowl of mixture in, in final phase of beating frosting)

Put 1 cup sugar in saucepan. Add tbsp of corn syrup. Add 1/4 cup hot water. Cook over low to medium heat, allowing mixture to boil until it is clear and strings from spoon.

Meanwhile, separate 2 eggs. Place the whites in medium sized mixing bowl and discard yolks. Beat with electric mixer until whites form very stiff peaks. While still beating, slowly add all of the boiling frosting mix directly from the burner.

Quickly place mixing bowl in large bowl with hot water, being very careful not to allow water to enter frosting mix!

Beat for about 7 minutes or until frosting forms stiff peaks and is shiny. Quickly add 1 tsp vanilla, and 1/4 tsp cream of tartar. Beat until mixed in well. Immediately, frost cake. Frosting should be the consistency of melted marshmallows.

This recipe has also been called **Sea Foam Frosting**. It will look like sea foam with a couple drops of green food coloring in place of the vanilla.

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