



SALTBUSH
ECO STORE

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No fail buttercream for cakes (with a dairy free option!)

Looking at the instant frosting tubs? Don't!
Full of preservatives, chemicals and don't forget the unnecessary packaging, they are not a low waste or healthy option.
Did we say healthy? Everything in moderation is key and a little bit of cake now and then ain't going to hurt! *wink wink*

INGREDIENTS

(Makes enough icing for the top of an 8" round or 12 cupcakes)

250gm butter, unsalted (look for the ones paper wrapped, the paper can be composted!)
500gm icing mixture
1tbl milk
1tsp vanilla extract or 1/2 a bean

Dairy-free version:

200gm vegetable shortening
25ml coconut cream
550gm icing mixture
vanilla as above

METHOD

Whip butter in a stand mixer (paddle attachment) or using electric beaters until light in colour and fluffy. This is an important step so take the time - 4-5 minutes, it's worth it!

Turn down the speed of the beating and slowly incorporate 1 tablespoon at a time of icing mixture until all used.

Add milk (or cream), vanilla and any colouring required, beat until incorporated. Taste, to adjust sweetness, a tablespoon of honey or syrup can make a huge difference rather than adding more powdered sugar.

NATURAL COLOUR ALTERNATIVES:

PINK: Beetroot powder

YELLOW: Turmeric (You don't need much and it doesn't overpower although the flavour will still be present)

PURPLE: Blueberries - Pulverise blueberries with a tablespoon of water in a high speed blender, drain through a sieve to catch the skins. Can cook into a syrup if necessary.

GREEN: Spinach or parsley - Boil 1 cup of water and submerge 2 cups of spinach or a bunch of washed parsley leaves (keep the stalks for stock!). Drain quickly and cool in ice water. Drain again and transfer to a high speed blender, pulverise, then strain through a fine sieve. Alternatively some stores stock powdered greens.

CREATED LIQUIDS CAN BE FROZEN OR KEPT IN THE FRIDGE FOR 2 WEEKS.



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