



Italian Meringue Buttercream

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Silky smooth Italian buttercream is the most stable of all the buttercreams and is not very sweet. It is made by pouring hot sugar syrup into whipping egg whites and then finished with butter, salt and flavoring.

Course Dessert
Cuisine Italian

Keyword buttercream frosting

Prep Time 15 minutes

Cook Time 10 minutes

cooling 15 minutes

Total Time 40 minutes

Servings 8 cups

Calories 849kcal

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Equipment

- Stand mixer with the whisk attachment
- Candy Thermometer

Ingredients

- 16 ounces granulated sugar
- 8 ounces water
- 1/4 teaspoon salt
- 8 large egg whites
- 24 ounces unsalted butter softened
- 2 tsp vanilla extract

Instructions

1. On a stovetop, mix together the water and sugar, cover with a lid and bring to a boil on medium-high heat.
2. Keep the lid on the pot for 3-4 minutes and bring to ensure all the sugar granules are dissolved, otherwise, your sugar can get gritty and crystalize.
3. Remove the lid, insert the candy thermometer carefully and continue cooking on medium-high until the syrup reaches 240° F.
4. When the sugar solution is at about 235° F, begin whipping the egg whites on high speed. Add the salt to the egg whites.
5. When the egg whites reach soft peaks, pour the sugar solution in a steady stream on to the whipping whites while mixing on low speed.
6. Continue whipping the egg/sugar mixture until it reaches stiff peaks. I wrapped an apron around my bowl with an ice pack to help the meringue cool down faster. You can also cool the meringue by scooping it out of the bowl and placing it into the fridge for 15 minutes.
7. Once the meringue is cooled, whip in soft butter and vanilla until the buttercream is light and fluffy and no longer has a butter taste. This can take from 10-15 minutes. If it looks curdled

and watery just keep whipping. It will come together I promise.

Notes

IMPORTANT: Make sure all your ingredients are at room temp and you're using a scale to measure. Substituting ingredients may cause this recipe to fail. (see notes at the bottom of the recipe)

Important Things To Note Before You Start

1. Bring all your ingredients to [room temperature](#) or even a little warm (eggs, buttermilk, butter, etc) to ensure your batter does not break or curdle.
2. Use a scale to [weigh your ingredients](#) (including liquids) unless otherwise instructed (Tablespoons, teaspoons, pinch etc). Metric measurements are available in the recipe card. Scaled ingredients are much more accurate than using cups and help ensure the success of your recipe.
3. Practice Mise en Place (everything in it's place). Measure out your ingredients ahead of time and have them ready before you start mixing to reduce the chances of accidentally leaving something out.

Nutrition

Serving: 2ounces | Calories: 849kcal | Carbohydrates: 57g | Protein: 4g | Fat: 69g | Saturated Fat: 44g | Cholesterol: 183mg | Sodium: 139mg | Potassium: 74mg | Sugar: 57g | Vitamin A: 2125IU | Calcium: 23mg | Iron: 1mg