

# ICINGS

## 4.1 INTRODUCTION

Have you seen a cake in the shape of a 'joker' or a 'violin' or the 'Number' of the child's birthday? I'm sure you must have. You must have also seen wedding cakes which have two or three tiers. And surely everyone has eaten pastries which have pineapple or chocolate decoration. One enjoys the cake or pastry more because of the delicious covering on the top and sides. And while consuming these products you must have wondered how it has been made and some of you must have wished to learn it too.

Well, it is not difficult at all. All it needs is a little bit of knowledge, some guidance and a lot of practice in order to achieve that perfection. So, come, let us learn together.

## 4.2 OBJECTIVES

After reading this lesson you will be able to :

- classify icings according to the occasion it is to be used for;
- list material required for decoration ;
- explain the method of preparing the icings;
- demonstrate the technique of decorating the cakes.

## 4.3 WHAT WILL YOU NEED ?

When you set out to decorate a cake, you need some tools specifically suited for the process. Let us find out what those things are that you will need.

1. Grease proof paper- to line a cake base or to make a piping bag if needed.
  2. Piping bags of canvas or nylon. These are available readymade in the market.
  3. Sissors — for making a cut in the piping bag.
  4. Nozzles of different shapes — these are needed to create various designs.
  5. Brushes of different sizes - ranging from ½" to 2".
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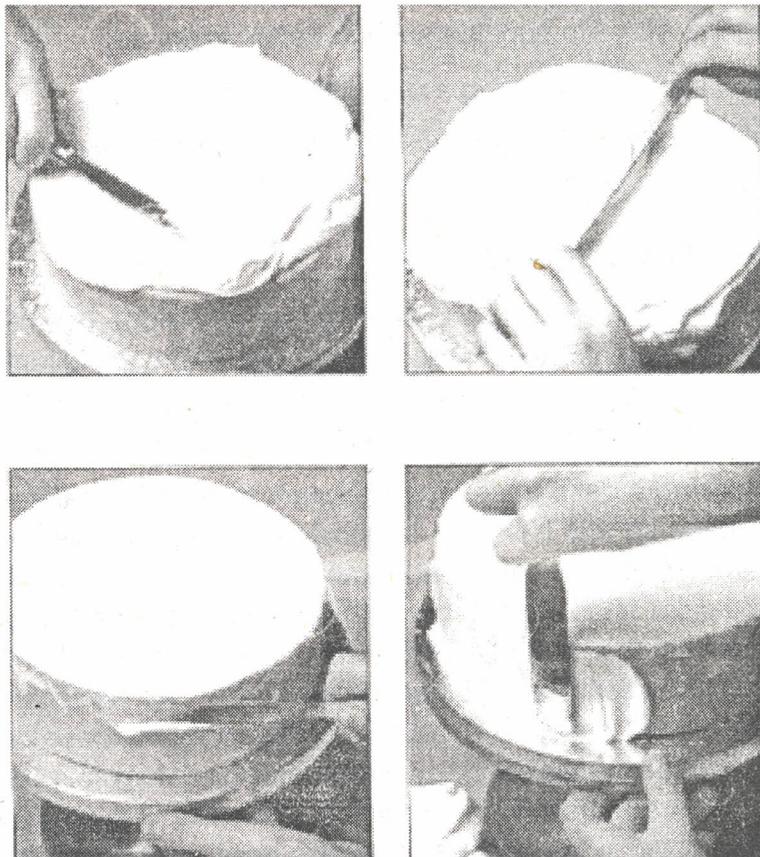
6. Palette Knife- to smoothen the first layer of icing on top and sides of the cake.
7. Sharp Knife - to slice the cake into two halves.
8. Rolling pin - to roll out icing in order to make flowers etc.
9. Flower cutters or biscuit cutters - to cut the icing into interesting shapes.
10. Cakes stand or turntable - on which the cake can be placed and moved easily while icing.
11. Cake pillars - needed to create two or three tiered cakes.
12. Cooling rack - to cool the sponge before icing.
13. Cake combs - for giving a decorative touch.
14. Cake decorations - like ribbons, laces, beads, flowers etc. These may or may not be edible.

#### 4.4 THE BASIC PROCESS

As mentioned earlier, icing a cake is an art where one can utilise one's creative potential to the fullest extent. But before going further, let us first learn the very basic procedure of icing a cake. For simple decorations we can divide the process into four steps, namely:

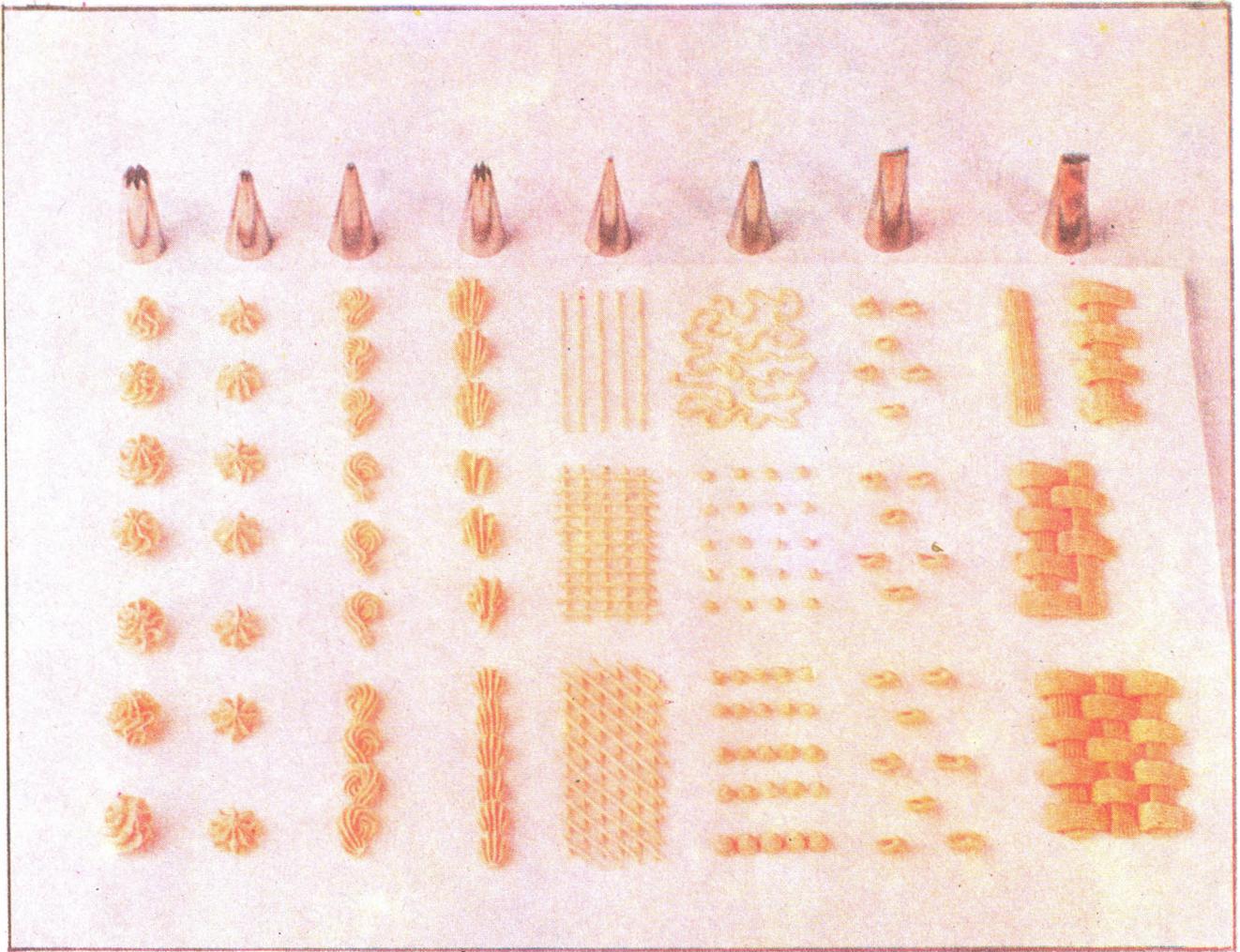
1. **Preparing a cake base :** It is important to place the cake on a firm base so that it is easy to handle it during and even after decoration. A thick cardboard is cut slightly bigger than the size of the cake. If the cake is round, then the base can be 1" bigger in diameter than that of the cake. If the cake is square, then the cake base should be  $\frac{1}{2}$ " bigger on each side. This cardboard is then covered evenly by an aluminium foil, so that the base looks attractive as well as becomes grease proof, and hygienic. Keep the prepared base on the turntable. The cake is then placed upside down in the centre of the cake base, so that you get a smooth, even top for decorating.
2. **Giving filling in the cake:** Depending upon the type of the cake, a filling is given inside the cake, e.g. chopped pineapple for pineapple decorated cake. For this you have to cut the cake horizontally into two equally thick layers. Place the bottom sheet of the cake on the base and cover with the filling. Then place the top layer over it in the original position as far as possible.
3. **Applying icing on top and sides:** The icing is then applied evenly on top and sides of the cake by a palette knife. This

requires skill as it has to be smoothed by a palette knife. Hold the palette knife vertically and rotate the cake stand keeping the palette knife surface in contact with the cake sides, if the cake is round. For a square cake the palette knife again has to be kept vertical and the sides of the cake should be smoothed. Similarly for the top, the surface has to be smoothed by the palette knife. The sides of the cake can then be combed with a cake comb to make the sides look more attractive. It is like a mason plastering a wall.



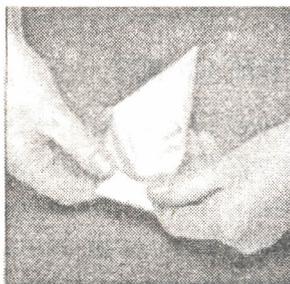
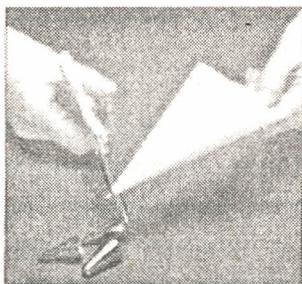
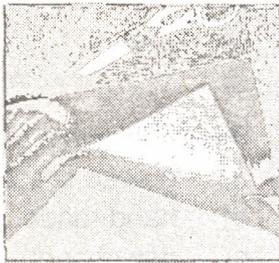
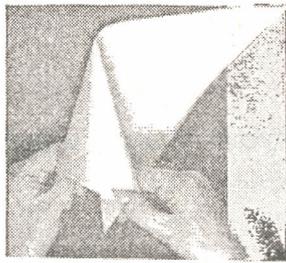
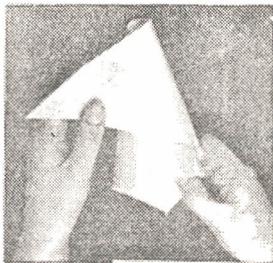
*Fig. Applying icing on top and sides*

- Piping and Decoration:** Lastly, the top is decorated by piping some icing into different designs. For this we require a piping bag and different nozzles for making different designs. Nozzles are available in different shapes. e.g. star nozzle, flower nozzle, ribbon nozzle etc. The icing mixture is filled in a piping bag, and the mixture is then piped on top of the cake e.g. a border can be given with a plain or a star nozzle, flowers can be prepared with a flower nozzle.



**Steps for preparing a piping bag with a grease proof paper.**

1. Cut out a 40cm x 25 cm rectangular grease proof paper. Fold diagonally in half to form two triangular shapes, each with a blunt end, cut along the fold line. Fold the blunt end of the triangle over into a sharp cone into the centre and hold in position.
2. Then fold the sharp end of the triangle over the cone shape. Hold all the points together at the back of the cone, ensuring the point of the cone is sharp.
3. Turn the point inside the top edge of the cone and crease firmly.
4. Secure with sticky tape or staple if desired.
5. Cut the tip of the cone with a knife so that the nozzle can be inserted through the cut from inside of the cone.
6. Insert the nozzle from inside of the cone so that it forms a firm tip.

**INTEXT QUESTIONS 4.1**

Select the most appropriate alternative:

1. Icing enhances the \_\_\_\_\_ of the cake.  
a) weight

- b) looks
  - c) taste
  - d) keeping quality
2. Placing a cake on a cake base before icing makes it
- a) tall
  - b) look good
  - c) last longer
  - d) easy to handle
3. A round cake needs a cake base \_\_\_\_\_ bigger in diameter
- a) 1"
  - b) 2"
  - c) 3"
  - d) 4"
4. A square cake needs a cake base \_\_\_\_\_ bigger on each side
- a) 1/4"
  - b) 1/2"
  - c) 3/4"
  - d) 1"
5. The paper most suitable for making a piping bag is
- a) greese proof paper
  - b) hand made paper
  - c) newspaper
  - d) writing paper
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#### 4.5 THE ICINGS

How would you like the icing on your cake to be? Buttery? Creamy? Glaced? Or simply Royal ? Don't get frightened, these are only the names of some of the commonly made icings. The basic procedure remains the same. Variety is obtained by slight variations in the ingredients used. Come, let us learn the different types of icings.

##### 1. Butter Icing

This is the most commonly used icing nowadays and about 50% of the cakes are made with butter icing. What is the reason for its popularity? It requires comparatively less amount of skill in preparing and is also easy to handle. It can be stored at the room temperature

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for about a fortnight but the room should be a well ventilated one. It hardens on storing in the refrigerator, hence should be removed and allowed to return to room temperature before using.

### **The Recipe**

For icing a 1/2 kg cake, you will need -

1. White saltless butter or margerine - 150 gm.
2. Icing sugar - 150 gm.
3. Colour - a few drops, according to the intensity required choice.
4. Flavouring - 1/4 tea spoon

### **How to make**

1. Place the butter in a clean enamel bowl and and cream slightly with a wooden spoon,
2. Add icing sugar, a little at a time and continue creaming till the mixture becomes light and fluffy.
3. Add colour and flavour of your choice and continue creaming. Add the colour gradually, a drop at a time. Can you say why this is necessary? In this way, you can stop adding the colour when the desired intensity of colour has been achieved.
4. Cover and store in a cool place.
5. Use as and when required for decorating cakes.

### ***Practice makes perfect!***

Icing cakes calls for quite a lot of skill. It would be best to acquire this skill with a lot of practice. But in order to practice, you will need to bake a lot of cakes, which is not very practical as well as time consuming.

**What you can do** is get a wooden dummy cake from the market. You can prepare one lot of icing and practice with it on the wooden cake. You can remove the icing and use it all over again and continue doing so till practice makes you perfect !

### ***Try some variety***

You can achieve a whole range of beautiful effects and tastes with only slight variations in the basic ingredients.

1. **Chocolate butter icing** : For this, you will need 50 gm block of plain chocolate. Grate it. Place it in a basin over hot water and

mix in 15 ml of milk. Stir well till it dissolves and then let it cool. When cooled, mix in the plain butter icing and use.

2. **Chocolate butter icing** : This is a variation of the above variety. Dissolve 15 gm of cocoa powder in an equal quantity of hot water and let it cool. Mix in plain butter icing and use.

3. **Coffee butter icing**

For this, dissolve 15 gm of instant coffee powder in an equal quantity of hot water and cool. Mix in the plain butter icing and use.

4. **Lemon/Orange butter icing**

In the plain butter icing, mix 15 ml of lemon/orange juice and grate some of the rind. Mix well and use.

5. **Vanilla butter cream**

Add 2.5 ml vanilla essence with a tea spoon of milk and add to the plain butter icing.

6. **Walnut butter cream**

Take 25 gm. walnuts and chop them finely. Mix with some cream and add to the butter icing.

### *Try your hand*

Let us now learn how to make a decorated cake with butter icing.

You will need —

1. **Plain, fatless sponge** - 2 mixings (to make 1 kg cake)  
1 mixing refers to recipe given earlier. For 2 mixings, use double the ingredients given.
2. **For syrup**  
Water - 50 ml  
Sugar - 20 gm
3. **For icing**  
Saltless butter or margarine - 300 gm  
Icing sugar - 300 gm  
Vanilla essence - 1/4 tea spoon  
Strawberry essence - 1/8 tea spoon  
Pink colour - 3-4 drops

### *The method*

1. Prepare 2 mixing plain fatless sponge. Bake in a one kg. tin.
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2. Place it upside down on a prepared cake base so that you get a smooth top for icing.
3. Then place the cake base along with the sponge on a turntable.
4. Slit the sponge horizontally with a sharp knife into two equal parts.
5. Prepare sugar syrup by dissolving 20 g of sugar in 50 ml water.
6. Sprinkle half of the syrup on the surface of the lower half of the sponge. This will make the cake moist from inside.
7. Prepare butter icing with 300g butter or margarine and 300g of icing sugar. This butter icing will now weigh 600 gms.
8. Divide this butter icing into two parts of 400g and 200g. Keep them in separate bowls.
9. Mix Vanilla essence in the 400g butter icing to give white butter icing and strawberry essence and red colour in 200g butter icing, to give pink butter icing.
10. Apply about 125g of white butter icing over the lower half of the sponge on which you had sprinkled sugar syrup.
11. Place the upper half of the sponge as far as possible in the same position as it was before slitting.
12. Again sprinkle the remaining sugar syrup on top of the sponge and then apply the remaining white butter icing on top and sides of the cake with a palette knife, smoothen the top and side using the palette knife.
13. Comb the sides of the cake with a cake comb to form a design.
14. Place the pink butter icing in a piping bag to which a star nozzle has been attached.
15. Pipe out a border on top and base of the cake along all the sides.
16. Then make designs on the top with the same piping pag as per your choice to make it look attractive.

#### **4.6 CREAM ICING**

This is an icing prepared with cream as the base, with sugar for taste and essence for flavour. When you think of cream, the adjectives which come to your mind are delicious, delicate, fresh. Yes, the cream icing is all of these—delicious and delicate and it must be prepared fresh for every use.

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This type of icing is slightly difficult to prepare as it requires precision in beating the cream. If it is overbeaten, the cream will curdle (become curd like) and become useless for icing. But let this not scare you, all it needs is a little practice to achieve the perfect results.

### **CREAM ICING**

*You will need :*

Chilled fresh cream	—	400 gm
Sugar	—	80gm (20% of cream)
Vanilla essence	—	1/4 tea spoon
Ice	—	to chill

(This amount of icing is sufficient to decorate a 1 kg cake)

#### *The Method*

1. Place the chilled fresh cream, sugar and vanilla essence in a clean bowl.
2. Place this bowl over a bed of ice kept in another bowl.
3. Beat the cream and sugar and essence slowly with an egg beater for about 5 minutes and then slow the beating till the cream becomes thick and double in volume.
4. At this stage, beat slowly and check repeatedly to see whether the cream has been sufficiently beaten.

#### *The Test*

Lift the egg beater above the bowl. If the cream stuck to the beater falls down, continue beating. When the mixture does not fall off the beater, the icing is ready to be used, stop beating now!

#### *Beware!*

You have to be very careful while beating cream — if it is not whisked adequately, it will remain too thin and when piped, it will not retain the exact design. But if it is whisked for more time than required, butter will separate from the cream and you will end up with butter icing instead of cream icing!

### **CREAM AND FRUIT CAKE**

Let us learn how to prepare a 1 kg pineapple decorated cake.

*You will need*

Plain, fatless sponge	—	2 mixing
Fresh cream	—	400 gm.
Sugar syrup	—	75 ml
(sugar-25 gm + Water-50 ml)		

Sugar	—	80 gm
Tinned pineapple slices	—	3
Tinned cherries	—	6
Vanilla essence	—	¼ tea spoon

### *The Method*

1. Prepare plain fatless sponge in a 1 kg cake tin. Allow it to cool.
2. Place the sponge upside down on a prepared cake base.
3. Slit the sponge from the centre and sprinkle half of sugar syrup on the lower half.
4. Prepare cream icing with cream sugar and Vanilla essence (discussed earlier).
5. Apply 1/3rd of cream icing on the lower half of the sponge.
6. Chop finely 2½ slices of pineapple and spread over the cream on the lower half of the sponge.
7. Place the second half of the sponge over the lower half and again repeat the process with sugar syrup and cream icing.

The icing should be spread evenly on top and sides with a palette knife, till it is smooth. Do not over work or the cream would curdle.

8. Decorate the top by piping the cream icing on the top and borders of the cake. The cream is put in a piping bag with the required nozzle and then piped.
9. Cut the remaining half slice of pineapple into cubes of 1 cm and arrange neatly on top of the cake.
10. Remove seeds of the cherries and decorate the top with cherries along with pineapple cubes to give colour.
11. Store the cake in a refrigerator.

**Note:** All cakes decorated with fresh cream can be stored for a maximum period of 2 days in the refrigerator, as after that cream is likely to become sour.

## 4.7 MARZIPAN

Marzipan is a clay like paste made out of ground almonds and a mixture of sugars. The consistency, texture and colour varies, depending upon how the paste is made, but the result is used for covering cakes to give a smooth, flat surface before applying other icing over the cake. Mostly royal icing (discussed later in the topic)

is used for decoration after applying marzipan covering over a cake. Marzipan can be nutty white or yellow in colour. Bakers sometime use artificially coloured yellow marzipan for wedding cakes because it looks rich. However white marzipan is more popular. Marzipan can also be used for making marzipan fancies and colourful cake decorations by using other colours.

Marzipan tends to be oily and crumbly, when you roll it out. Because it is uncooked it is not advisable to store it for more than 3 days. If you have to store it, wrap it tightly in a greaseproof paper and put it in the cool part of the refrigerator.

During preparation of marzipan overkneading should be avoided as it tends to release more oil from it, making the marzipan sticky and difficult to roll.

*Ingredients for covering kg cake*

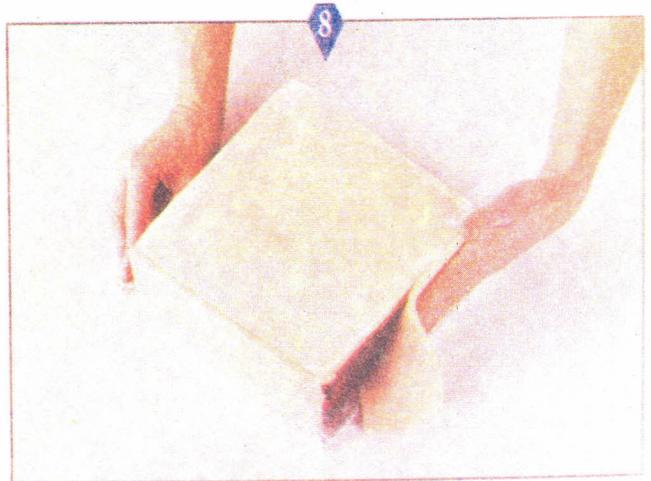
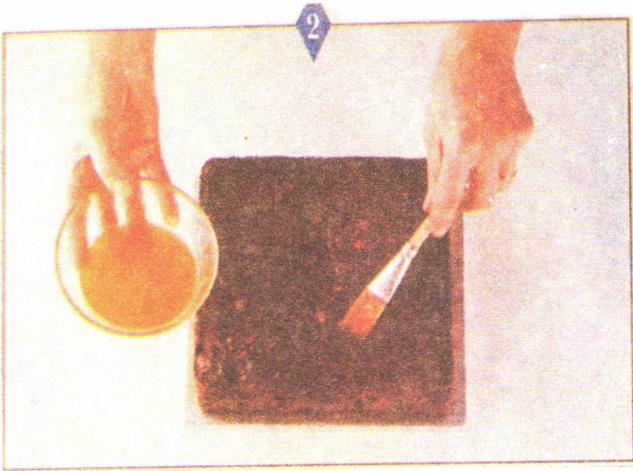
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| 1. Almonds           | — | 225 g             |
| 2. Fine castor sugar | — | 125 g             |
| 3. Icing sugar       | — | 125 g             |
| 4. Lemon juice       | — | 1 tea spoon (5ml) |
| 5. Almond flavour    | — | Few drops         |
| 6. Egg               | — | 1                 |

*The Method*

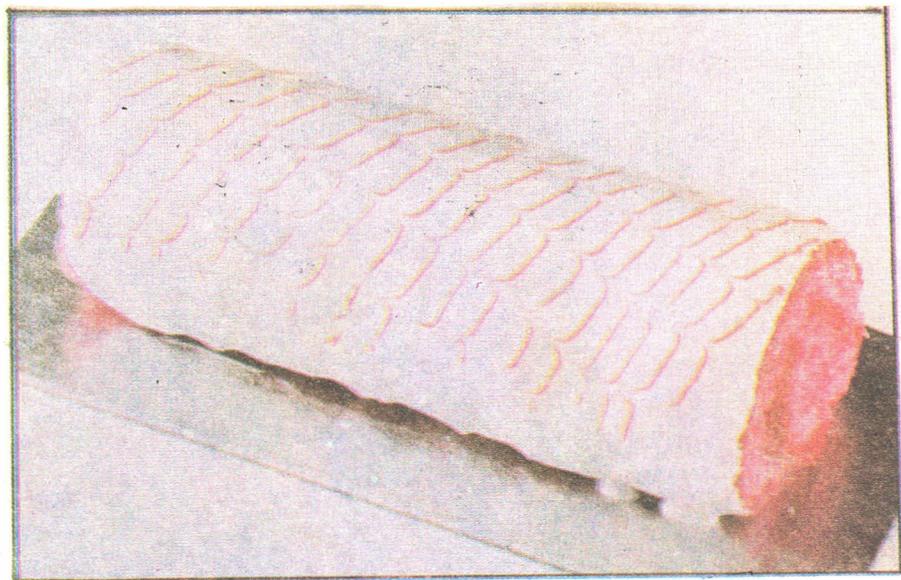
1. Grind the almonds on a marble top with a rolling pin to give a paste. Do not allow oil to come out.
2. Place the almond paste, castor sugar and icing sugar in a bowl and stir until evenly mixed.
3. Make a well in the centre and add the lemon juice, almond flavouring and slightly beaten egg to mix to a soft but firm dough, using a wooden spoon.
4. Form the marzipan into a ball. Lightly dust a surface of marble top with a little icing sugar and knead very lightly till it becomes free from cracks. Be careful not to over knead or it will release oil, and make the marzipan sticky and difficult to roll.
5. Dust a marble top with icing sugar and roll the marzipan with a rolling pin.

*How to apply marzipan over a cake*

1. Place the cake upside down on a prepared cake base and roll lightly with a rolling pin to flatten the surface.
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Applying Marzipan

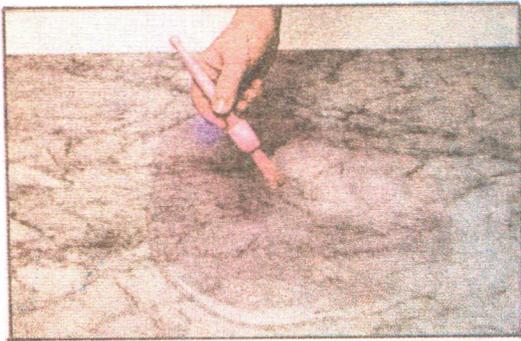




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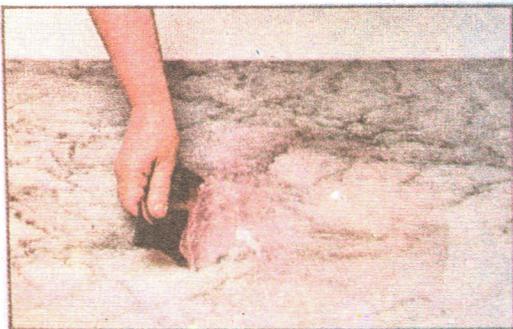
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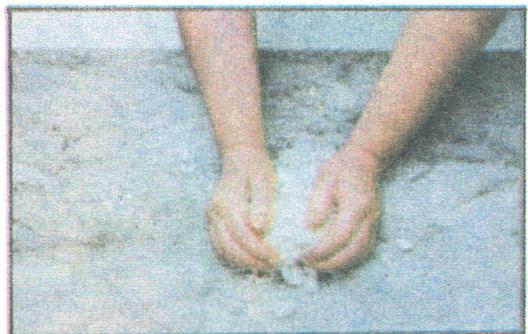
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2. Brush the top of the cake with apricot jam. Other jams will spoil the flavour of marzipan, therefore use only apricot jam. Then lightly dust with icing sugar.
3. Using 2/3rd of the marzipan roll out to a 5mm thickness to match the shape of the top of the cake, allowing an extra of 2 cm in all directions. Invert the cake onto the centre of the marzipan.
4. Trim off excess marzipan to within 1 cm of the cake, using a palette knife, push the marzipan level to the side of the cake, until all the marzipan is neat around the edge of the cake.
5. Invert the cake and again place on the cake base. Brush the sides with apricot jam.
6. Measure and cut a piece of string the length of the side of the cake. Measure and cut another piece of string the length of the side of the cake from the board to the top.
7. Roll out the marzipan to 5 mm in thickness. Cut out one side piece for a round cake and four pieces for a square cake, to match the measured string. Knead the trimming together and reroll.
8. Carefully fit the marzipan on to the side of the cake and smooth the joins with a palette knife. It is better to leave it now in a warm, dry place before piping royal icing on top, as icing will absorb less oil from the marzipan.

#### 4.8 ROYAL ICING

As the name suggests, this is the icing used to give a 'royal' touch to cakes. It is generally used on wedding cakes and has a typically shiny look. It is easy to prepare and lends a touch of class to the end products.

##### *SOME PRECAUTIONS*

Though we say it is easy to prepare, there are some things about which one has to be extremely cautious. These are:

- i) Beat the egg whites and the icing sugar with a fork and not with an egg beater. This incorporates tiny bubbles of air into the mixture which gives it the required texture.
  - ii) Never use a plastic bowl for beating as the fork will scrape tiny particles of plastic into the icing.
  - iii) Keep the bowl and fork separately and completely grease free as the slightest trace of grease will break down the egg white
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and prevent it from being fully aerated, no matter how hard you beat.

- iv) Use liquid colours instead of powder for colouring royal icing. It is easier to handle and will give you the exact shade that you require.
- v) Since the keeping quality of this icing is quite low, use it fresh as far as possible, else it tends to dry up.
- vi) If it has to be stored at all, wrap it up properly and put in an airtight plastic container (free from grease) and keep in a dry place.

### TO MAKE ROYAL ICING (for 1kg cake)

#### *You will need*

Egg white	—	of 2 eggs
Icing Sugar	—	450 gm
Lemon Juice	—	1 lemon

#### *The Method*

1. Sieve icing sugar twice and keep in a clean thali.
2. Separate the egg yolks from the egg whites and keep the egg whites in a clean metal bowl.
3. Break the egg white with a palette knife which should be clean and completely grease free.
4. Now gradually add the sieved icing sugar to the egg white, half a table spoon at a time. Beat the egg white well with a fork, between each addition of icing sugar.

#### **Do not rush through the process**

5. When the mixture becomes thick, pull the fork upwards and test. If the mixture stands in a peak and does not fall down, it is ready. Now add the lemon juice and beat slowly. If the mixture becomes too wet add a little more icing sugar and beat again with the fork.
6. This icing mixture is used both for applying on the cake as a base and for piping into decorations.

#### *For the cake*

The mixture should be slightly thinner so that a smooth finished surface can be obtained.

### *For piping*

Add some more sugar and beat again so that firm designs are retained when piped out onto the cake.

## **4.9 GLACE ICING**

Glace icing is quickly made from icing sugar and warm water. No cooking is involved in making it. It is suitable for small cakes, and iced tea fancies. This icing sets very quickly and therefore should be used immediately.

### *Ingredients:*(for 1kg cake)

- |                              |                  |
|------------------------------|------------------|
| 1. Icing sugar               | — 250g           |
| 2. Warm water                | — 4 table spoons |
| 3. Food colouring (optional) | — few drops.     |

### *Method*

1. Sieve the icing sugar into a clean bowl and using a wooden spoon gradually stir in water to obtain the consistency of thick cream.
2. Beat until white and smooth, and the icing thickly coats the back of the wooden spoon. Colour with a few drops of food colouring, if desired.
3. If you desire chocolate glace icing, add 2 table spoons of cocoa powder into the icing sugar before beating and adding water.
4. Use immediately to cover the top of the cake. It should be just poured and the cake tilted. The icing will set.

## **4.10 FONDANT ICING**

Fondant is used for both icing cakes and making cake decorations. It has a softer, more moulded look than a stiff royal icing, and has become popular among cake decorations. This icing is prepared firm and stored in this firm state. When it is required to be used it is thinned down and reheated.

### *Ingredients:* (for 1kg cake)

- |                   |                 |
|-------------------|-----------------|
| 1. Grain Sugar    | — 450gm         |
| 2. Liquid Glucose | — 1 table spoon |
| 3. Water          | — 150 ml.       |
-

*Method*

1. Put sugar, water and liquid glucose in a pan and heat over a gas burner.
2. Stir occasionally.
3. Allow it to boil and stop stirring once it starts boiling.
4. When the mixture reaches 240°F (160°C), stop cooking. You have to check the temperature with a sugar thermometer.
5. Pour the syrup over a wet marble top in a spiral motion. Allow the mixture to cool. As it cools the syrup starts turning white.
6. When the syrup has completely cooled, take a damp metal scraper and begin lifting the edges of the syrup and folding them in towards the centre.
7. Then work in figure of 8 motion, carry this on for about 5 minutes, till it becomes glossy and viscous.
8. After that, stir the mixture with a long handled wooden spoon. It will become easier to stir.
9. The mixture will gradually become white and crumbly. Moisten your hands and work the crumbled mixture into a ball. Knead it for about 10 minutes till it becomes smooth.
10. Wrap it in a cling film and store it in a sealed container in a fridge. It will keep for about four weeks.

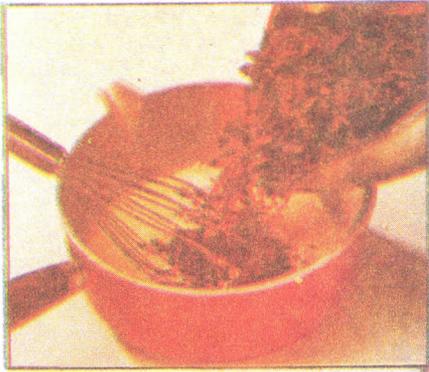
Fondant can be rolled on a marble top with little icing sugar in the shape of the cake. Cover the cake with it after rolling. It can also be thinned down by adding a little water and cooked on a slow fire. When it melts and has pouring/running consistency it can be poured over the cake and allowed to set.

**4.11 CHOCOLATE ICING**

This is a smooth glossy icing, and is made with plain or milk chocolate. This can be used all by itself or along with butter icing. Generally chocolate butter icing is used as a filling in between the cake. This is then poured over the surface of the cake and allowed to set. The finish is quite glossy.

*Ingredients:* (for 1 kg cake)

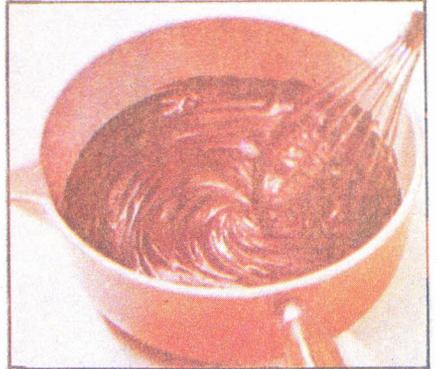
1. Milk Chocolate — 80 g
  2. Fresh Cream — 60 g
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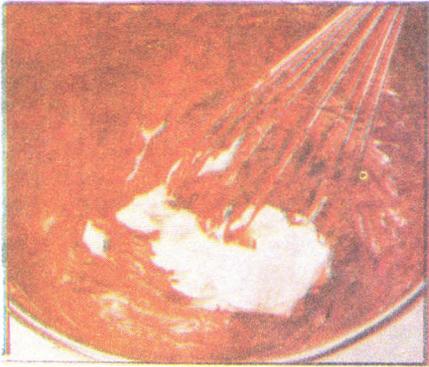
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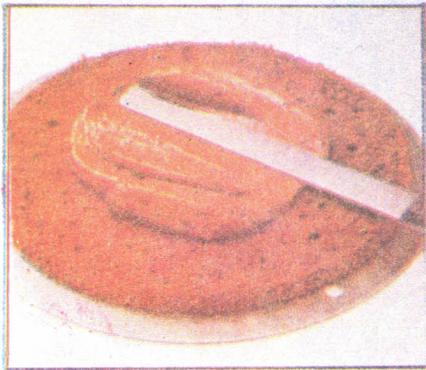
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**Method**

1. Break up the chocolate into small pieces and place in a medium sized thick bottom sauce pan with the cream.
2. Heat gently stirring occasionally until the chocolate has melted and the mixture is smooth.
3. Allow the icing to cool until it is thick enough to coat a wooden spoon. Now pour over the cake and tilt the cake in all direction to coat evenly. Allow to set (refer plate).

**INTEXT QUESTIONS 4.2**

1. In butter icing the proportion of butter and icing sugar is \_\_\_\_\_.
2. If you want to reduce the cost, \_\_\_\_\_ can be used instead of butter in preparing butter icing.
3. In cream icing the amount of sugar should be \_\_\_\_\_% of the amount of cream.
4. A cake decorated with cream icing can be stored in a \_\_\_\_\_ for a maximum period of \_\_\_\_\_ days.
5. Marzipan is a clay like paste made out of \_\_\_\_\_ and \_\_\_\_\_.
6. If you knead too much in preparing marzipan, it will become \_\_\_\_\_ and will be \_\_\_\_\_ to roll.
7. Royal icing is normally used on \_\_\_\_\_ cake.
8. Glace icing is normally suitable for \_\_\_\_\_ cake, and \_\_\_\_\_.
9. Glace icing should be used immediately as it \_\_\_\_\_ quickly.
10. i) What is fondant icing ?  
 ii) How do you store fondant icing?  
 iv) Explain the preparation and use of chocolate icing?  
 v) What is the difference between cream icing and glace icing?

**4.10 ANSWERS TO INTEXT QUESTIONS**

- 4.1 1. (C) 2 (D) 3 (A) 4 (B) 5(A)
- 4.2 1. 1:1  
 2. Margerine  
 3. 20%  
 4. Refrigerator, two

5. Almonds, Sugars
  6. Sticky, difficult
  7. Wedding
  8. Small cakes, iced tea fancies
  9. Sets
  10. (i) to (iv) Please refer to the text.
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