

Sugar Icing For Cakes

Ingredients

To every lb. of loaf sugar allow the whites of 4 eggs, 1 oz. of fine starch.

Method

Beat the eggs to a strong froth, and gradually sift in the sugar, which should be reduced to the finest possible powder, and gradually add the starch, also finely powdered. Beat the mixture well until the sugar is smooth; then with a spoon or broad knife lay the icing equally over the cakes. These should then be placed in a very cool oven, and the icing allowed to dry and harden, but not to colour. The icing may be coloured with strawberry or currant-juice, or with prepared cochineal. If it be put on the cakes as soon as they are withdrawn from the oven, it will become firm and hard by the time the cakes are cold. On very rich cakes, such as wedding, christening cakes, &c., a layer of almond icing, No. 1735, is usually spread over the top, and over that the white icing as described. All iced cakes should be kept in a very dry place. BISCUIT POWDER, generally used for Infants's Food. 1737. This powder may be purchased in tin canisters, and may also be prepared at home. Dry the biscuits well in a slow oven; roll them and grind them with a rolling-pin on a clean board, until they are reduced to powder; sift it through a close hair sieve, and it is fit for use. It should be kept in well-covered tins, and in a dry place. ARROWROOT BISCUITS OR DROPS.

Source: Mrs Beeton's Book of Household Management (1861)

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