

# Swiss Meringue Buttercream

**Makes approx. 400g**  
**Hands-on Time 30 minutes**

## Ingredients

- 75g egg whites
- 140g caster sugar
- Pinch of salt
- 3/4 tsp vanilla extract
- 215g unsalted butter (softened)

## Equipment

- Saucepan
- Heatproof bowl
- Spatula
- Electric or hand whisk
- Tea towel
- Jam or electric thermometer

## Method

### 1. Prepare the Bain-maire

- Fill a saucepan with enough water so that a heatproof bowl placed on top doesn't touch the water.
- Bring the water to a simmer over medium heat.
- Heat the egg whites and sugar
- Place the egg whites and sugar in the heatproof bowl and set it over the simmering water.
- Stir gently until combined, then heat until the mixture reaches 75°C/167°F, stirring occasionally. This should take about 5 minutes.

### 2. Make the meringue

- Remove the bowl from the heat and place it on a tea towel.
- Add the vanilla extract and salt. Whisk the mixture until it forms a thick, glossy meringue with stiff peaks.

### 3. Incorporate the butter

- While whisking, add the softened butter a knob at a time, ensuring each addition is fully incorporated before adding the next.
- Adjust consistency (if needed)
- If the buttercream is too runny, chill the bowl in the fridge for 10-15 minutes, then whisk again until smooth and thick.

Enjoy!