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COMMENT

Create football cookies using Royal Icing

By Lori Gysel & Gerry Kentner
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What's Cookin'?

Happy Super Bowl weekend! Today's recipe will help you finish off the cookies that you've already started with the recipe from last week.

Meringue powder is used in Royal Icing to replace egg whites, as most people do not want to eat raw egg whites and they certainly are not suggested to be a part of your icing that sits out at room temperature for a couple of days! You can find meringue powder at some bulk food stores and some grocery stores.

Once you have beat the meringue powder and water together, you want to add your food colouring at this point, it will mix in easier than if you try to add it after the icing sugar. For the football cookies, you want just a touch of brown. But remember to keep a bit of the mix separate so that you can have a small batch of white in order to do the trim on the cookies.

Keep your bowl of Royal Icing covered with a damp cloth in order to prevent it from

drying out. In order to get a nice clean edge with the icing, I would suggest you put the icing in a piping bag and pipe the icing onto the cookies. Then smooth out with a slightly damp spreader. Then, if you have a texture plate, you can make the little indentations to really give that football texture— or you can just make the texture manually or skip it. Let the coloured icing set at room temperature before you do the white trim.

Once the coloured icing is firm, then use a piping bag again with the white icing so that you can make the trim and laces.

Let the icing firm up again at room temperature. You can now store them, but I wouldn't suggest stacking them at this point— best to keep them in a single layer.

Enjoy the game and have fun and keep cooking! Have fun and keep cooking!

Email questions and comments to whatscooking@theifp.ca

Royal Icing

INGREDIENTS

- 3 tbsp meringue powder
- 1/3 cup warm water
- food colouring as desired
- 3 and 1/2 cups icing sugar

METHOD

1. Beat meringue powder with water in a large bowl using mixer until foamy.
2. Add icing sugar in three installments, will take approximately 4 minutes.
3. Keep bowl with royal icing covered



with a damp cloth until ready for use to prevent drying out.



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