



Royal Icing and Cookie Flooding

Royal icing is the “cement” of sugar decorating. It dries rock hard and very quickly, so be aware of how long it’s exposed to air. If you have ever assembled a gingerbread house, you have likely used royal icing to glue it together. You can make your own royal icing from scratch as listed below. We suggest using meringue powder instead of fresh egg whites, as egg whites can sometimes have a pungent smell and this icing is not cooked. If you do use fresh egg whites, ensure that you use pasteurized eggs for food-safety. Alternatively, if you don’t want to mess with a recipe, you’re in luck as royal icing also comes in a powdered mix as well as pre-made tubs ready to go.

If you are new to working with royal icing, be sure to read this in its entirety before jumping in. We suggest using a stand mixer if you have one as its best to mix on LOW with the paddle attachment to avoid whipping air into it. If you don’t have a stand mixer, a hand-held mixer will do. Unfortunately, this icing is not an easy one to mix by hand- instead you might want to make the Cookie Glaze recipe found on our website at EllaVanilla.com/HowTo/Recipes.

Royal Icing Recipe with Meringue Powder- Stiff Peak Consistency for piping

Recipes may vary from product to product, so check packaging!

- ¼ cup of meringue powder
- 4 cups of sifted 10x Confectioner’s Sugar (also called Powdered Sugar)
- Approximately ½ cup of cold water (**you might not need to add all of the water so mix the water in gradually!**)
- Food color gel or paste (optional)

In standing mixer with paddle attachment, mix the ingredients and most of the water for 5 to 10 minutes **ON LOW** until stiff peaks form and hold their shape, as well as the icing becomes glossy and white. Use the icing immediately or cover in an air-tight container as it will dry out very quickly!



Stiff peak royal icing is great for piping with a piping bag and tip on to cakes or pre-pipe flowers or transfer shapes onto parchment paper. More on that in another class! We also use stiff peak icing to attach any heavy decorations to fondant covered cakes. Remember, royal icing is the cement of sugar art, so if you need strong “glue” royal at stiff peak is what you want to use.

Flooding Cookies

Cookie flooding is a beautiful way to decorate fancy cookies with a smooth sleek finish. It takes a little finessing as royal icing dries quickly, and if your flooding consistency is too wet, the icing could drip off of the cookie, or the icing won't dry properly or colors may bleed. Alternatively, if your icing is too dry, the icing may crust and crumble. We have a great trick called the 10 Second Rule listed below to achieve the perfect consistency for flooding. At Ella Vanilla, we prefer flooding cookies by filling squeeze bottles as the icing stays fresher longer than in piping bags. In addition, bottles are a cleaner way to work as icing can ooze out of piping bags when set down, creating a sticky mess. If you are using several colors, we suggest that you have a squeeze bottle for each color icing.

Royal Icing Flooding Consistency- The 10 Second Rule

1. Start with Royal Icing at Stiff Peak Consistency.
2. Mix in small amounts of water until the royal icing is liquefied to the consistency of honey. To ensure you have the right consistency- use the **10 Second Rule**:
 - With a spoon, create a streak of icing as shown below and count to 10. The icing should blend back into itself around the count of 9 or 10 seconds.
 - If the icing blends together too soon before reaching 10, it's too wet so mix in a little more powdered sugar and try the count again.
 - If the icing takes longer than 10 seconds to blend back together, then the icing is too dry so add a little more water and try the count again.
3. Color icing with GEL food coloring and fill squeeze bottles or piping bags. Store any unused icing in an air-tight container.



Flooding the Cookies

1. Cookies should be completely cool before flooding or the icing will melt.
2. Pipe an icing border all around the outer edge of the cookie leaving a space of about 1/8 of an inch from the icing border to the edge of the cookie. This border helps reduce the chance of the icing dripping off the cookie.

3. Fill in about 80% of the area with more icing and blend together with a cookie scribe tool or toothpick. Work quickly as royal icing dries fast!
 - a Don't overfill the cookie with icing as the icing will spill over the edge. Use the scribe or toothpick to manipulate the icing together. Remember, you can add on more icing if you have gaps, you can't easily take it away if you put too much on.
4. Decorate as you like with sprinkles, candies, or add more flooded colors.
5. Allow the cookies to dry flat for several hours if you are going to embellish them with food paints, or dry cookies overnight if you are going to draw or write on them food markers.
6. Although royal icing dries quickly, it does take many hours for them to dry completely. To avoid mishaps, we suggest drying them overnight before packaging, wrapping or stacking.



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