

Victorian Rose

Kathleen Lange, San Diego, CA



"Victorian Rose" Cake Components:

- The cake consist of 1 – 10" x 4" round cake dummy
- 1 – 14" x 4 round cake dummy
- 1- 14"x 18"x 1½" cake dummy, beveled base
- 5 lbs White Rolled Fondant
- 1- 2 recipes -Royal Icing (meringue powder recipe) – 2-3 cups colored for toothpick roses and white decorating design work
- 1 – recipe Kathleen's Strong Royal Icing For Lace Work & Run Sugar (recipe included) – lace hearts and run sugar plaques

This cake was designed using a modern flair and English over-piping techniques from the era of Joseph Lambeth.

This cake was completed using old-style decorating techniques, toothpick royal icing flowers, run sugar plaques, and molded sugar bells as well as adding a 3-D edible heart cake top.

When designing my English Overpiping/ Lambeth style cakes I like the designs to be delicate to the eye. I prefer decorating with smaller cake decorating tips to achieve a more delicate and intricate design. Traditional English over-piping/ Lambeth Method-type cakes were created using larger cake decorating tips. Traditional English style cakes were commonly covered with marzipan and royal icing, decorated with royal icing, run sugar, gumpaste and pastillage decorations made in advance to complete the designs.

English style cake flavors were normally a heavy textured fruit cake, covered with marzipan and royal icing. If attempting the "Victorian Rose" design on a real cake, I recommend using a firm/dense carrot, banana, or fruit-type cake covered with marzipan and finished with rolled fondant. This allows for a smoother more traditional style and allows for the extra weight of the design elements to be added to the sides and top. As with any cake topper, you will need to add extra supports under the topper to withstand the extra weight added to the top of your cake.

"Victorian Rose" Design and Assembly:

- 22" cake drum or baseboard, covered with fondant
- ½" satin ribbon and 3mm pearls around edges of baseboard; hot glued
- 14" corrugated cake circle (not visible) for the base of the 14" beveled base
- Decorating tips #1, #2, #3, #14, #16, #101s
- Parchment paper cones; used for decorating and to cut leaf tip; you may use a tip # 65 or smaller
- Wax Paper; 18- 2"x 2" squares (lace hearts); 300 – 1"x1" squares (toothpick roses)
- Scotch® Tape
- Toothpicks (Round)
- Flower formers (form lace hearts)
- Burgundy, Brown, and Leaf Green liquid gel colors
- Super Pearl Airbrush Color
- Clear Edible Glitter, placed through wire sieve (extra fine)
- #3 good quality paint brush
- 1- Heart scalloped plaque – made with run sugar; finished on both sides. (pattern included)
- 1 – Petal scalloped plaque – made with run sugar. (pattern included)
- 18 Lace Hearts made with Egg White Royal Icing (Make 24 hours prior to allow for drying time. Make extra to allow for breakage (pattern included))
- 300 Toothpick Roses – 2 petal, 3 petal, 2 & 4 petal, 3 & 5 petal, and 3, 5 & 7 petal. Variegated color roses, light to darker in shade
- 4 Medium to Large Sugar Molded Bells
- Cake dividing tools

Kathleen's Egg White Royal Icing Recipe

Note: Strong Royal Icing for Lace Work & Run Sugar Plaques

- 4 large egg whites, approximately 1/2 -2/3 cup – room temp, you may use pasteurized egg whites
- 2 pounds confectioners' sugar, sifted
- Juice of ½ lemon; strained – May use bottled lemon juice (1-3 Tablespoons)

Beat egg whites until frothy and slowly add confectioners' sugar while beating on low speed. Continue beating on low speed for about 5 minutes. Icing should be very stiff. If not, add more confectioners' sugar—a small amount at a time. Add the strained lemon juice, more or less, until piping consistency is achieved.

Note: When working with royal icing, I recommend using parchment cones. This will keep you from overfilling your decorating cones and the icing from breaking down as quickly causing an airy looking design. If your icing starts losing the design, breaking or looking airy, you will need to re-beat the icing in the mixer to retain the proper consistency. Keep the icing bowl with the mixer and cover with a damp cloth. This will prevent the icing from drying out and crusting.

Run Sugar Work

To thin icing for run sugar work, add more egg white and a small amount of strained lemon juice. Beat at a low speed until icing is just sluggish, NOT RUNNY. When you lift your spatula, let icing drop and count to 10 slowly. If the icing is smooth before counting to 10, it will be too thin. The icing will be the right consistency when the run sugar dries with a pillow like effect. If your icing is too thin, it will sink in the middle or dip

down when completely dry. Once the consistency is achieved, let stand for approximately 30 minutes, if possible, then stir by hand for several minutes to remove air and work out bubbles. (DO NOT BEAT)

NOTE: THIS ICING MUST BE COVERED WITH A DAMP CLOTH AT ALL TIMES AND KEPT COMPLETELY FREE OF GREASE OF ANY KIND.

Prep Steps & How To

1. Begin by covering the cake base board, cake dummy and bevel with rolled fondant. Set aside. Prepare all elements to be made and dried ahead. Allow all run sugar plaques to dry at least 48 hours. Dry royal icing hearts and roses 12-24 hours. Different drying times are required depending on weather conditions in your area.
2. Make two different run sugar plaques at least one week prior to use. Prepare corrugated cake circles. Attach/tape heart scallop and scalloped pattern tightly onto 2 different cardboard cake circles. Cover with wax paper so it is very tight and smooth. Using a tip #1 and the egg white royal icing recipe for lace work and run sugar, outline one scalloped heart and one petal run sugar plaque making sure outlines are perfect. Dry at least 15 minutes before adding flow-in. Flow run sugar into dried outlines being sure to pop any air bubbles that may rise to the top of the run sugar with a corsage pin. Allow to dry completely. When scalloped heart plaque is completely dry, remove wax paper, and flip over and repeat the process by outlining and flowing on the backside of the plaque. This will allow the plaque to look finished on both sides. *Note: Finished run sugar runouts may be placed under a heat lamp for 15-20 minutes then placed in a*

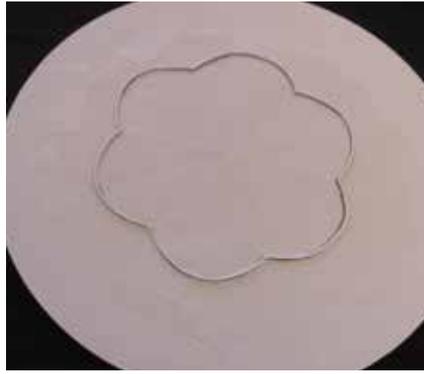
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dehydrator to speed drying time overnight. Always make one extra of each plaque needed, in case of breakage.

- When plaques are completely dry, using egg white royal icing recipe and tip #1, apply a triple bead border (similar to a triple shell border) around the scalloped heart plaque by laying on wax paper-covered cardboard. Apply one bead border on one side at a time. Allow to the plaque to dry, then flip the heart over and repeat the process on the back side of the plaque. Finish the center border last.
- After the scalloped heart plaque is completed with the triple bead border dried, apply a heart-shaped piped straight line using a tip #16 approximately 1- 1/2" from outside edge. Allow enough room for toothpick roses to be applied over and around the heart line. This will give a nice toothpick rose heart wreath effect. Remember to allow enough room on the inside of the heart wreath to attach a lace heart into the center. Allow heart line to dry. Using royal icing, attach toothpick roses to the heart shaped line.
- Make Royal Icing toothpick roses. Color the royal icing by using a small amount of burgundy and a hint of brown gel color. This will give more of a dusty rose color. Start with a very light tone and increase the shade with each size being made. Using a toothpick with 1'x 1' wax paper squares and a tip #101s with royal icing, make approximately 300 toothpick roses. Using the toothpick as your nail, complete roses the same as regular frosting roses. Make five different sizes in a three different shades of the same color:pale to more intense shades. Make 60 of each size rose. (2 petal, 3 petal, 2 & 4 petals, 3 & 5 petals, and finally 3, 5 & 7 petal toothpick roses)



Step 2a



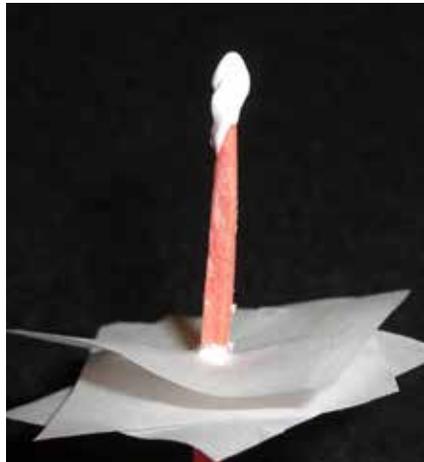
Step 2b



Step 4a



Step 4b



Step 5a



Step 5b



Step 5c

6. Make 18 or more lace hearts (pattern included) using Kathleen's Egg White Royal Icing and a 2"x2" wax paper square. Place wax paper over pattern and using tip #1, make design as shown in picture. Pipe with straight lines for lace look meeting in the middle of the heart. Complete heart with a zigzag design using tip #1 on outer edge of heart. Complete with a tiny bead border on top of zigzag and attach a 3 & 5-petal rose in center of heart. Place heart on medium to large flower former allowing to dry into arched shape. Sprinkle completed heart with extra-fine edible glitter, adding edible bling/sparkle to completed hearts. Once dry, place one of the finished hearts in the center of the heart plaque inside the rose wreath.



Step 6a



Step 6b

7. Make 4-6 molded sugar bells. These are used to prop completed heart plaque onto petal- scalloped run sugar plaque. Make the following recipe for molded sugar bells. Hollow out bells and dry completely before assembly or adding roses. *Note: Always make extra in case of breakage.*

Molded Sugar Bell Recipe & Directions

- 2 cup granulated sugar
- 4 teaspoons water – more or less depending on climate
- 1 teaspoon Meringue Powder (for strength-optional)

Knead the ingredients together for one minute. Mixture should not be too wet or too dry. Using bell mould, press the sugar mixture into mould. (Dust the mould lightly with corn starch if the mixture will not release.) Turn sugar-compacted bell out onto cardboard to un-mould.

Oven dry – 200 degrees – 10 minutes (longer for larger pieces or air-dry 24 hours) Holding the moulded sugar bell, start digging into center of bell with a tapered spatula to hollow out the bell being careful not to break the bell. Make extra in case of breakage

Note: To prevent drying, keep sugar covered with a damp cloth until you complete your moulding project.



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8. Finish petal-scalloped run sugar plaque by applying a #2 bead border and applying 3 toothpick roses at points of petal shape. Glue on with royal icing and let dry. Apply toothpick roses to top edge of sugar bells by using egg white royal icing as the glue. Let dry. Apply second layer of roses to bottom edges of bells by using more egg white royal icing as the glue. Let dry. Place bells on the petal run sugar plaque by using heart-scalloped plaque and figuring out the best placement to glue the sugar bells in place making sure heart will lean properly. Using egg white royal icing, glue in place using Saran™ wrap and tissue paper to hold bells in proper place until dry. When dry, complete design with leaves using leaf green with slight amount of toothpick burgundy pink color added. This allows the colors of the leaves to match and blend with the same color tones.

9. The cake design is ready to start. After completing all of the prep work, now you may begin on your white fondant-covered cake dummy. On the “Victorian Rose” cake, it has a drop swag design with Lambeth style over-piping techniques added. Using a cake dividing set, divide the cake into 12ths, at every quarter division of the cake starting at the top and marked, then drop the design one inch from the quarter marks; giving you the 12ths. This gives a dropped scallop design. (Shown in picture)

10. With royal icing and using a # 1 tip, drop a single stringwork design around the entire cake as shown making sure each string is perfectly finished with no bumps, humps or hollows. Touch up any areas that may look uneven with a damp painters brush.

Kathleen Notes: The damp brush is your friend. The damp brush is your friend. The first layers and all the foundation base design work needs to be exact, or your entire design will be off.



Step 8a



Step 8b



Step 8c



Step 10

- Continue the design by adding stringwork rows with a #2 tip dropped just below the #1 row, and then a #3 tip, dropped just below the #2 row. Be sure to leave at least 1/2" or one width of a #16 star tip, between each dropped scalloped stringwork. This will ensure the overpiping is the exact distance apart and the different size toothpick roses will fit at each point when the scalloped stringwork and the over-piping are complete. Each row from now on will drop a little lower and give the effect of an elegant drop and elevated design prevalent to the Lambeth design work

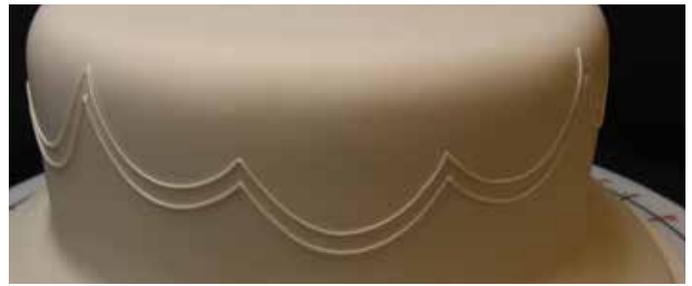
Kathleen Notes: Using a corsage pin, mark a starting point at the baseboard, as a reminder of where you started your overpiping rows

- Continue with a #14 star tip, piping a scalloped line 1/2" below #3 row. Then pipe a #14 star tip zigzag crescent scallop, approx. 1/2" below the #14 scalloped line row. Now the overpiping method begins! After completing the #14 zigzag crescent scallop, slightly drag the #14 star tip into the center of your crescent scallop making a scalloped line in the very center of your zigzag crescent. This will allow your stringwork to drop correctly into the groove of your #14. Continue the overpiping technique as noted in the next steps.
- Once these rows are in place and slightly dried, you can begin the overpiping (dimensional work) by building the layers up. Starting from the top, the #1 row will stay as is. The #2 row will have a #1 layer placed on top. The #3 row will have a #2 and then a #1 layer. The #14 scalloped line row will have a #3, #2 and #1, and last row will be #14 zigzag, #14 scalloped line, #3, #2, and finish with a #1.

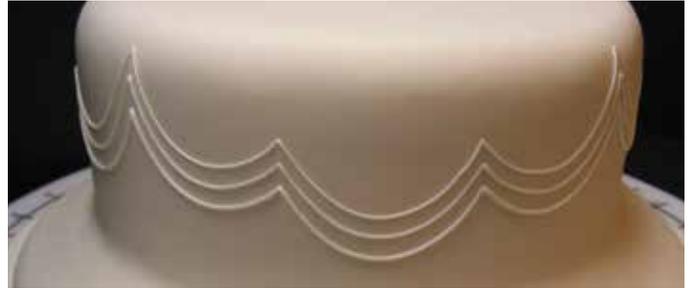
Kathleen Notes: Make sure you allow each row and layer to dry slightly before applying next row. Normally each row will be dry enough by the time you complete the first row around the entire cake. Each row will drop a little lower and give the effects of an elegant dramatic sculptural design--a hallmark of English overpiping and Lambeth design work.

- For the bottom bevel design, divide the bottom cake into 12ths. This time offset the scalloped design positioning the highest points on sides to lowest points on bevel.
- Using a #14 star tip, finish the bottom edge of bevel with a shell border. Continue using a #14 star tip and pipe a dropped zigzag crescent scallop border at lowest part of the bevel just above the shell border.
- With a #14 star tip, pipe a scalloped line approximately 1/2" above the #14 star tip zigzag crescent scallop. Then continue the process as in step 12. Add another row 1/2" above with #3 tip stringwork. Continue the design with the same process as in step 13. Build volume on these rows using the #3, #2 and #1 tips using the same process from step 11 to complete the cake design.

FINISHING: Attach the piped lace hearts on the side of the cake as indicated in the photos using royal icing. Also, attach the toothpick roses at the stringwork joints (as shown).



Step 11a



Step 11b



Kathleen Lange, Instructor / Master Cake Design Artist from San Diego, California and Sandpoint, Idaho, has been decorating and teaching confectionery arts since 1980.

Today, Kathleen is a highly regarded innovator and is known internationally for the foreign technique, The Lambeth Method. She has brought back an old school technique by adding her own techniques as well as a contemporary, romanticized and modernized flair. She has become very well known for her Lange/Lambeth English Over-piping Boot Camps, skills in sugar art and also the quality of her demonstrations and classes. The elements of this cake design are offered in Kathleen Lange's English Lambeth Style Boot Camps Cake Decorating Classes. 🍷