



Fall 2020
Volume 20, Issue 3



International Cake Exploration Societe' Missouri / Kansas Chapter Newsletter

MESSAGE FROM THE STATE REPRESENTATIVE

Hello Missouri/ Kansas ICES Members,

This is my first opportunity as your ICES Representative to welcome the members of Kansas ICES. For years, many of you have attended Missouri DOS. We are happy for you to have joined the Missouri ICES and we sincerely hope we can grow our membership together.

Oleta Edwards



Cancelation of Fall DOS Sharing, Sept. 26, 2020

With the continuation of the Covid-19 virus, it was a decision that was hard to make whether MO/KS ICES Fall DOS be held in person, virtually, or canceled. After much thought, I consulted with Annette Molitor, Alternate Rep; Patti Williams, Treasurer; Laura White, Secretary (and potential hostess) plus some of the former officers, the idea of submitting a poll to the membership of Missouri/Kansas ICES to attempt to make a decision. The poll was sent to 51 members and there was a return of 22 answers (a huge return rate for any poll) 10 of the votes was to cancel the meeting. Of the other 3 choices there were 12 other answers, with 2 of the choices each getting 4 votes. With that return, the result was to cancel the meeting. *(continued on pg. 2)*

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I know all of you along with myself, want to give Annette Molitor and Laura White a huge Thanks for their hard work in planning the Fall DOS as well as the April, 2020 Spring DOS to have them canceled. We also want to thank Jessie Morimoto Bostick, Annette, Laura, and Tina Cole for having agreed to demonstrate for the meetings and their preparation for the demonstrations. All of them would have been very informative and would have given all of us at least a taste of another sugar art skill. Perhaps we will have an opportunity later to see these demonstrations.

Hopefully, the Spring 2021 DOS, in Columbia, will be held in some form. Some of the other ICES Chapters have been having virtual DOS with ZOOM and last week when I attended the Illinois Virtual DOS, I was pleased to observe how it was set up and held. They had a business meeting plus 4 demonstrations and for the most part it was seamless.



Upcoming Events:

Cake Expo 2021 July 20 - July 25, 2021 Ft Worth, TX
Cake Expo 2022, Summer in Reno, NV



RE: CAKE EXPO 2020

I hope all of you took advantage of the virtual demonstrations that were presented on Aug. 1-2. There were so many wonderful demonstrators and demonstrations held in those hours, I have to admit I didn't watch them in the wee hours of the morning (I did watch some of them both mornings but even I, who seldom sleeps at night, did sleep part of the nights. **OE**) Of course, we could and still can go to www.YouTube.com and see the virtual demonstrations by searching: 'ICES Cake Expo', 'Virtual Cake Expo 2020 Sunday' and 'Cake Expo Virtual On-line Free Demonstrations'. There we all had and still have the opportunity to see the 2020 Virtual Cake Expo Awards and Banquet Cakes on YouTube

I reached out to Barbara Evans of Illinois, one of the virtual demonstrators who presented a Demo **"All About Icing"**. She had said she would post her recipes for the icings on Facebook, but I didn't know if everyone would have the opportunity to find them, so I reached out to her for the recipes and she graciously sent them to me. She said she had made some corrections from what she had posted.

All About Icing

Barbara Evans, CMSA

www.stablemabel.com

Buttercream Icings

Italian Buttercream:

20 oz. (500 g) granulated sugar (scant 2 1/2 cups)
4 oz. (112 g) water (scant 1/2 cup)
10 oz (257 g) egg white at room temperature
20 oz (562 g) butter soft but not melted
2 tsp. vanilla

Place egg whites in a grease free bowl beat to a very soft peak using the whisk attachment. At the same time heat sugar and water to 244'. Use pastry brush to wash down sides if there is sugar on the side of the pan. Turn mixer to medium-low speed and stream in the syrup taking care not to let the syrup splash on the side of the bowl (this will make sugar crystals in your icing).

Continue to mix on medium speed until bottom of bowl has come to room temperature (this may take up to 15 minutes). Slowly add the butter, waiting for the last butter to become incorporated before adding more. Continue to blend until icing becomes light and smooth. Add vanilla. Use immediately
To re-whip chilled frosting: take a small portion of icing, place in the microwave until liquid. Beat into chilled icing.

Optional: to make chocolate add 10% of total weight in melted dark chocolate. To add, add a small amount of icing to chocolate first and blend, then add back to buttercream.



American Buttercream

2 lbs. (908g) high fat butter – room temp. Optional: replace 1/2 of the butter with high ratio shortening
2 T (15g) cup non-dairy creamer
1/3c (80g) hot water
1 T (14g) vanilla
1 tsp. (5g) popcorn salt
3 lbs. powdered sugar

Using a paddle, blend butter and then add shortening (optional). Add : non-dairy creamer, vanilla and salt to water until incorporated, add to butter mixture, mix to combine. Add sugar slowly. Beat on medium speed until blended and slightly lighter in color. Add meringue (see below) and blend – do not overbeat. To make icing very smooth: make 2 batches of icing, after the icing is made fill the mixing bowl almost to the top of the paddle, using about half of the second batch (careful not to overflow). Mix on medium speed for 4 or 5 minutes.



Meringue Icing:

3/4 cups (150g) granulated sugar
1/4 cup (75 g) corn syrup
2 T (30 g) water
1/4 cup (30 g) egg white powder
1/4 cup (60g) cold water

Place 30 g water, corn syrup and granulated sugar in pan and bring to boil. Add 60g of cold water to mixing bowl and add hot sugar. Stir by hand with mixer whisk to cool slightly. Pour sugar water into mixing bowl, add 60 g cold water and cool slightly. Add egg white powder, stir with whisk to dissolve. Using whip beat mixture to a stiff peak. Let cool, add to buttercream.

Stabilized Whipping Cream

- 2 cups Heavy Whipping Cream (cold)
- 1 ½ tsp gelatin
- 2 T cold water
- 1/3 c powdered sugar
- 1 1/2 tsp vanilla

Chill mixing bowl, whip & whipping cream. Place cold water in microwavable bowl and sprinkle with gelatin, let sit for 5 minutes. Heat bloom gelatin in microwave for 5 seconds, heat 3 additional seconds if needed to make mixture clear and if the mixture becomes too cold rewarm in microwave for a few seconds. Add gelatin mixture to cream and beat with whip to soft peak. Add sugar, vanilla and beat to medium peaks.



Royal Icing:

- 2/3 cup hot tap water
- 1/3 cup egg white powder
- 2 lbs. powdered sugar

Sift powdered sugar and egg white powder into a grease proof mixing bowl and blend with a whisk. Add the hot water and combine with a grease free spatula, cover with a damp towel and let sit for 2 minutes. Mix with paddle on medium low speed until you reach the peak you desire. If possible make a couple of hours in advance of use to let it rest. Stir with a knife gently to remove air bubbles. Cover with plastic wrap on the surface of the icing and a lid or foil. If left overnight re-beat gently before using. Optional: run through a stocking before putting in piping bag. I find it helpful to use a coupler so if there is a clog the tip can easily be cleaned (I don't recommend trying to remove a clog by sticking a pin in the end of the tube, instead run the tip under hot water).



Cream Cheese Icing

- 16 oz. cream cheese (not reduced fat)
- 8 oz. butter – room temperature
- 4 cups powdered sugar
- 1 1/2 tsp. vanilla

Cut cream cheese into 1/4s and place on paper towel to drain. Whip the butter with the whisk attachment and then add sugar and vanilla, whip until fluffy. In a separate bowl beat the cream cheese (using paddle) until well blended. Add the butter mixture to cream cheese - mix slowly just until incorporated.

Swiss Meringue

- 8oz (227g). egg white at room temp (2parts)
- 12oz (340g) granulated sugar (3 parts)
- 16oz. (453g) butter (4 parts) room temp
- 1 tsp. vanilla

Place egg whites and sugar in a mixing bowl that can be used



over a double boiler and used for beating the icing. Over double boiler (do not let bowl touch water) whisk gently but constantly, heat until sugar dissolves completely to 150°f. Remove from heat and using whisk beat to medium peak. Be sure that meringue has cooled to room temperature and then slowly add butter in chunks until completely incorporated. Add vanilla.

Chocolate Ganache For Icing Cake

8 oz. bittersweet chocolate

8 oz. heavy whipping cream

¼ cup butter – soft but not melted

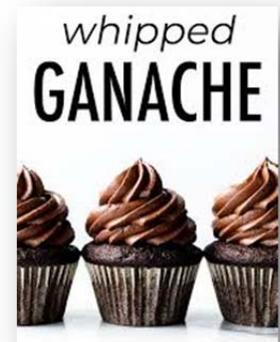
Heat cream in a pan until bubbles appear (do not boil). Pour cream over chocolate and let sit one minute. Stir mixture with a whisk to incorporate. Blend in butter. Let sit at room temperature for several hours or overnight.

Whipped Chocolate Ganache for Filling & Cupcakes

12 oz. bittersweet chocolate

1 3/4 cups heavy whipping cream

Heat cream in a pan until bubbles appear (do not boil). Pour cream over chocolate and let sit one minute. Stir mixture with a whisk to incorporate. Chill slightly and whip to make fluffy filling or icing. Blend with buttercream if it needs to be softer.



Whipped Cream Cheese – yum!

1 pint whipping cream

1 c powdered sugar

8 oz. cream cheese

1 t. vanilla

Whip the cream and add the sugar. Beat the cream cheese separate and then add to the whipped cream. Great on cupcakes.

Flower Icing – for piping flowers

1 lb. butter

1 lb. powdered sugar

2 lbs. or (908g) Swiss or Italian buttercream

Add butter to mixer and beat well, add sugar and beat for 5 minutes. Add 2 lbs. of Swiss buttercream and blend.

Glaze Icing for cookies

1 pound powdered sugar

2 T milk

2 ½ T corn syrup

Mix sugar with milk until combined, add corn syrup. Flavor as desired.

French Buttercream

12 oz. granulated sugar

2.4 oz. water

3 oz. egg yolk at room temperature

16 oz. butter at room temperature

1 tsp. vanilla

Place eggs in a bowl using a whisk attachment beat until they are thick and very light. At the same time heat sugar and water to 240° (do not



exceed or reduce temp). Use a pastry brush to wash down the sides if there is sugar on the side of the pan. Turn mixer to medium-low speed and stream in the syrup taking care not to let the syrup splash on the side of the bowl (this will make sugar crystals in your icing). Continue to mix on medium speed until the bottom of the bowl has come to room temperature (this may take up to 15 minutes). Slowly add the butter cut into pats, waiting for the last butter to become incorporated before adding more. Continue to blend until icing becomes light and smooth. Add 1 tsp vanilla. Use immediately.

Another Icing I've been recently reading about is: (Oleta's research of Wilton Blog Posted by [Desiree Smith](#) | Aug 14, 2019

ERMINE Frosting

If you're looking for a not-so-sweet alternative to traditional icing, try your hand at [ermine frosting](#). This French-inspired icing is one of the classic early 20th-century recipes being lovingly rediscovered by bakers who want to add a deliciously nostalgic *je ne sais quoi* to their iced treats. Firm enough to hold its shape when used with a decorating bag and tip, it also makes a tasty, airy filling.

Smooth, rich and with a flavor similar to cream cheese frosting (minus the cream cheese), ermine frosting is as firm as classic buttercream but much less sweet, with a great texture and taste that works best with red velvet, butter, chocolate or other richly flavored cakes. If a light bite is more your speed, try it on [white cake](#) for a uniquely simple flavor combination.

No matter what you call it (there are dozens of names – boiled milk frosting, ermine buttercream, roux frosting, flour buttercream, among others), making a next-level frosting is more successful with experience, so here are a few of our hints and hacks for you to consider before you get your saucepan out:

Ingredients

- 1 cup granulated sugar
- 1/4 cup all-purpose flour
- 1/4 teaspoon salt
- 1 cup milk
- 1 cup butter, softened
- 1 teaspoon vanilla extract (preferably colorless)

Instructions

1. In a medium saucepan, stir together the sugar, flour and salt. Whisk in milk until smooth.
 2. Cook over medium heat, whisking constantly, until very thick, about 5-7 minutes.
 3. Remove from heat and pour into medium bowl; press plastic wrap over top of mixture and sides of bowl to seal completely and prevent a skin from forming. Let cool to room temperature, takes about 1 to 1-1/2 hours.
 4. Once cooled, beat butter with electric stand mixer (if available) at medium speed for 5 minutes, until light and fluffy.
 5. Next, add milk mixture, 1 tablespoon at a time, to whipped butter and beat until smooth, scraping down bottom and sides of bowl often.
 6. Then add vanilla extract and beat for 3 more minutes, or until the ermine frosting reaches the consistency of whipped cream.
- Our [Ermine Frosting recipe](#) makes about 2 fluffy cups of icing, enough to cover a two layer 8-inch round cake

- Cook your milk and flour roux to a thick consistency; to test done-ness, run a spoon through the middle of the pan—mixture should stay separate for a beat before slowly merging back.
- Take care to seal the above mixture with plastic wrap before it cools to prevent a skin from forming; make sure the wrap touches the entire surface of mixture
- Make sure above mixture is cooled to room temperature before blending in butter; you can speed it up by putting it in the fridge, but don't forget to take it out
- Store any excess frosting in the fridge and rewhip before using .

AMAZING DEMOS!

Have you seen: Cake Flex demos, Icing Images weekly virtual shows, Icing Inspirations?

All of us know how our own businesses have suffered as a result of the Virus. The Cake industry has, of course, suffered just as much as the smaller bakery, whether in home or storefront. Many of the teachers have not been able to have any classes, therefore, have lost their income.

Many of them have stepped up and offered FREE virtual classes. Besides the **ICES Cake Expo, Cake Flex with Paul Bradford and his staff** have offered at least 4 “**Cake Around the Clock**” weekends plus their Cake Flex TV and many if not all of them are available for watching other than in the wee hours of the morning; **Debbie from ICING IMAGES** has been having virtual classes several times a week and you can find them on Facebook ; **Carrie Bloom and Blaque Shelton** have had numerous artists on Facebook under “**ICING Inspirations**”.

Of course, we can't forget ICES's own **Nicholas Lodge**, who has not only participated on a number of the Virtual groups as well as introducing his new **Flower Pro molds** with Katy Sue Designs.

There may have been others offering free virtual demos, but these are the ones I have watched. I, personally, would never have had the opportunity to attend these classes and benefit from all the talented presenters.

ICES REPRESENTATIVE MEETING NOTES

As part of the ICES Cake EXPO 2020, virtual business meetings were also held. On Wednesday, July 29th, the ICES Representatives met in a zoom meeting. Besides myself, Annette Molitor Rep Alternate attended.



The Board told us, the only way we were allowed to cancel the Cake Expo in Reno without paying a big amount of money was by agreeing to hold the Expo there in 2022. The Cake Expo for 2021, is scheduled for Fort Worth. It is very important we support 2021 Expo to the fullest in order that we not lose money and are able to meet our commitment to Reno (*This is my own statement, not one from ICES, just common sense. OE*).

The chief topic of discussion was ideas of how we can grow the membership of ICES. People were ask to make suggestions but unfortunately, even though we all agree that we definitely need to increase our membership in order to save ICES, no one(s) had concrete suggestions. We are all aware that if membership continues to fall or doesn't increase, ICES cannot continue as a viable entity.

The Representatives in attendance via Zoom were sworn in as duly elected Representatives

September 16, 2020 Virtual ICES Representatives Meeting.

Leigh Sipes, ICES Board Representative, told the Representatives that the hard times for which the Chapters had accumulated their treasury balances are here now! Those funds should be used to attract new members by holding classes with well known teachers and making the classes available at no cost or minimal cost to the attendees and advertise this to all that might be interested. Otherwise, without a large increase in membership, International Cake Exploration Societe will be forced to cease existence.

Missouri/Kansas ICES Chapter must make a decision on how we can attract interested people that are not currently members and then make a plan for teachers/classes that will be attractive to the most people.

I would appreciate any ideas you have regarding contacting people and/or class/teachers choices. Please contact myself, Annette Molitor, Patti Williams or Laura White (email addresses are on the first page of this newsletter).



IN Memoriam:

I recently learned that **Robert Hall**, Saint Joseph, husband of Hazel Hall (both ICES members for many years) passed away in November of 2019. Robert was quiet but he was always at meetings and Conventions. Hazel is continuing to bake and decorate party cakes.

Wanda Higgins, ICES member from Jefferson City, lost her mother, Jeanine Genevieve Lutz of Tipton, MO on Oct. 12, 2020.

I know all of you join me in sending our sympathy to Hazel and Wanda on their losses.

Another recipe for the up-coming Thanksgiving Dinner

(This recipe is one Sarah Pohlman frequently makes for Thanksgiving at Grandmother Janette Pohlman's.)

Pumpkin Praline Bread Pudding

Pumpkin Praline Bread Pudding is a rich, creamy, sweet and crunchy decadent dessert made with challah bread and pumpkin puree that is an alternative to pumpkin pie for Thanksgiving.

Prep Time 15 minutes

Cook Time 1 hour

Total Time 1 hour 15 minutes

Servings 16

Calories 442kcal

Author Michele @ Flavor Mosaic



Ingredients

Pumpkin Bread Pudding

- 1 pound loaf day old Bread (French, Italian, or Challah), torn into small pieces
- 1 cup Heavy Cream
- 1 cup Half and Half
- 1 15-ounce can Pumpkin Puree
- 1-1/2 cups Granulated Sugar
- 3 tablespoon Melted Butter
- 4 Eggs
- 2 teaspoons Vanilla
- 1 tablespoon Pumpkin Pie Spice *

Praline Sauce

- 1 cup Unsalted Butter
- 1 cup Heavy Cream
- 1 cup Brown Sugar
- 1/2 cup Chopped Toasted Pecans

Pumpkin Pie Spice

- 2 tsp Cinnamon
- 1/8 tsp Nutmeg
- 1/4 tsp Ground Ginger
- 1/4 tsp Ground Cloves
- 1/2 tsp Ground Allspice

Instructions

1. Preheat oven to 350 degrees F.
2. Spray a 9 x 13 baking dish with cooking spray and place torn pieces of bread in the dish.
3. In a large bowl, whisk together the heavy cream, half and half, pumpkin, sugar, melted butter, eggs, vanilla, and pumpkin pie spice.
4. Slowly pour the batter over the bread pieces in the baking dish. Be sure to cover all the bread pieces.
5. Bake in a preheated oven at 350 for about 1 hour.
6. While the bread pudding is baking, make the praline sauce. In a heavy saucepan over medium-low heat, stir together the butter, heavy cream, and brown sugar; bring to a boil.
7. Reduce heat to low, and stir pecans into the cream mixture. Simmer until the sauce thickens, for about 5 minutes.
8. Pour over bread pudding to serve.
