

Food Safety: Frostings/Fillings

https://bookstore.ksre.ksu.edu/pubs/food-safety-of-frostings-and-fillings_MF3544.pdf

<https://www.kingarthurbaking.com/learn/ingredient-weight-chart>

Sugar Calculation

Ingredients:	Weight in Grams:
Total Weight:	
% sugar: (Total Sugar/Total Weight) x100=	

Example 1: Simple Buttercream Frosting

Ingredients	Weight in grams
2 cups unsalted butter	454
8 cups powdered sugar	960
½ teaspoon salt	3
¼ cup heavy cream	59
2 teaspoons vanilla extract	8
Total Weight	1484

% sugar: $(960/1484) \times 100 = 65\%$

This frosting is more than 65% sugar and considered stable at room temperature.

Example 2: Filling for Lemon Cheese Filled Cake

Ingredients	Weight in grams
8 ounces cream cheese	227
¼ cup sugar	50
1 teaspoon lemon juice	4.79
2 teaspoons water	9.86
½ cup coconut	40
Total weight	331.65

% sugar: $(50/331.65) \times 100 = 15\%$

This frosting is below 65% sugar and therefore not stable at room temperature because of the high amount of dairy ingredients.