



## Frosting/Filling Worksheet

Complete this for each frosting or filling and bring to the fair with your recipe. Line 3 must be higher than 65% to be considered safe at room temperature. Items below 65% could be cold food entries in the Perishable Foods Contest.

List all Ingredients and Weight in Grams

Conversion to Grams from Cups or Tablespoons can be found at

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

Ingredients

Weight in Grams

|  |  |
|--|--|
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Total Weight of all Ingredients**

\_\_\_\_\_ (Line 1)

**Weight of Sugar Divided by Total Weight**

\_\_\_\_\_ (Line 2)

**Multiply Line 2 by 100 for the % of Sugar**

\_\_\_\_\_ (Line 3)

### 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               |
| <b>Total Weight</b>         | <b>1430</b>     |

% sugar:  $(960/1430) \times 100 = 67.1\%$

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

**Is Line 3 Higher than 65%? YES or No**

**If Yes, this recipe is considered safe to be stored at room temperature.**

More Information is available in Food Safety of Frosting and Fillings available at

<https://bookstore.ksre.ksu.edu/pubs/MF3544.pdf>