



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
Total Weight	1430

% 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>