



Coconut & Lime

original, seasonal, fresh recipes by Rachel Rappaport

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FEBRUARY 11, 2011

Cara Cara Vanilla Frosting



Ingredients:

2 cups sugar
 1/2 cup cara cara orange juice
 4 egg whites
 1 tablespoon vanilla
 pinch salt
 zest of two cara cara oranges
 food coloring, if desired

Directions:

In a medium saucepan, bring sugar, vanilla, zest and juice to a boil, stirring occasionally. Continue to boil until it reaches soft ball stage (when a drop of the syrup forms a soft ball when dropped in cool water) while continuing to stir occasionally. Meanwhile, beat the egg whites and salt to soft peaks. Keep the mixer running (you need a stand mixer or a friend to complete this next step) while you strain a continuous stream of the molten syrup into the egg whites. Add the food dye. Beat for about 5 minutes or until the frosting is fluffy, glossy and cool. Frost cooled cake/cupcakes.

My thoughts:

An creamsicle meets marshmallow fluff frosting.

Recipe by Rachel Rappaport

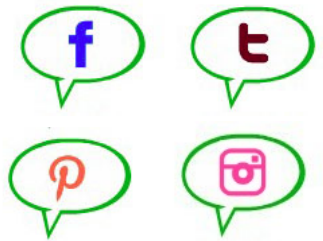
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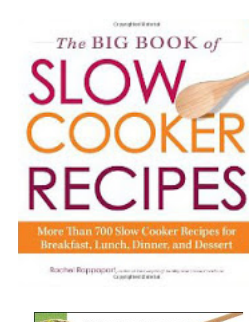


ABOUT



Since the very first recipe was posted in 2004, Coconut & Lime has been a source of original recipes created by Rachel Rappaport in her home kitchen in Baltimore, MD.

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