

## Wilton Icing “FUN”damentals

**Objective:** Teach basic piping techniques to groups of children using buttercream and decorating bags with round and star tips

**Recommended Ages:** 9 years old and up

**Time required for project:** 2 hours

### Overview

This project is designed to introduce children to cake decorating. They will use decorating tools, icing and pre-made cookies or cupcakes to create their own decorated treats. The project leader will walk them through each step, demonstrate the basic techniques and assist them as they practice and decorate their treats. Leaders should determine ahead of time how many adult helpers are needed. Depending on the age of the group, 1 adult for every 8 - 10 children should be sufficient.

### Supplies

#### Wilton Items needed:

- ✓ Tips – 1 per child
  - Tip 8
  - Tip 18
  - Tip 352
- ✓ 1 can of Wilton Decorator Icing for every 2 children (or make 1 recipe of Wilton Buttercream Icing for every 2 children - recipe on page 14 of this guide)
- ✓ Wilton Icing Gel Colors - green and any other color of choice (can be shared by group)
- ✓ Wilton Disposable Decorating Bags – 3 per child (box of bags can be shared by group)

#### Additional Kitchen Supplies (either leader can provide, or children can bring their own):

- ✓ Parchment or waxed paper, 8” x 10” sheet per child
- ✓ Spatulas, 1 per child
- ✓ Containers for mixing icing colors, 2 per child (can use bowls, paper cups, whipped topping containers, etc.)
- ✓ Water
- ✓ Rubber bands (to use as bag ties)
- ✓ Container to transport treats home
- ✓ 1 one-gallon plastic storage bag per child to transport dirty tools home
- ✓ Scissors
- ✓ Ruler
- ✓ Paper towels
- ✓ 3” Round Cookies or Cupcakes, 3-6 per child

### Project Outline

1. Introduction
  - a. Explain the Tools
  - b. Three Essentials of Cake Decoration
    - i. Icing Consistency
    - ii. Bag Position
    - iii. Pressure Control

## 2. Preparing the Buttercream Icing

- a. Thinning Icing
- b. Tinting Icing

## 2. Decorating Bag Basics

- a. Prepare Bag
- b. How to Fill Bag
- c. How to Hold Bag

## 3. Techniques

- a. Round Tip Decorating
  - i. Dots
  - ii. Pull-out Dots
  - iii. Beads
  - iv. Heart Border
- b. Star Tip Decorating
  - i. Star and Star Fill-in
  - ii. Curving Line
  - iii. Zigzag
  - iv. Rosette
- c. Leaf Tip Decorating
  - i. Leaf
  - ii. Flat Ruffle

## 4. Decorate Treats

## 5. Clean-up/Wrap-up

# INTRODUCTION

### Explain the Tools

- The tip you choose determines the shape of your decoration. There are 6 basic tip families, this class will focus on 3 of them
  - Round Tip 8
    - Smaller round tips are used for vines and stems, outlines and lettering
    - Larger round tips are used for dots, beads, flower stems, and dimensional decorating
  - Star Tip 18
    - Creates the most easily accomplished decorations
    - Makes decorative stars to fill in character cakes and creates great borders using stars, shells, and zigzags
  - Leaf Tip 352
    - Makes a basic leaf, ruffle leaf, and stand-up leaf depending on the techniques you use while squeezing the bag, and is also used to make leaf and ruffle borders
  - Disposable Decorating Bags
    - These bags are easy to use with almost any decorating tip or just fill the bag, cut the tip and you're ready to go.
    - Since these bags are disposable, you can just use and toss. Spend more time decorating and less time cleaning up.

## The 3 Essentials of Cake Decorating

- Icing Consistency
  - Icing consistency is the thickness/stiffness of your icing
    - Stiff - Stiff icing is used for decorations such as flowers with upright petals, like roses, carnations and sweet peas.
    - Medium - Medium icing is used for decorations such as stars, borders and flowers with flat petals. If the icing is too stiff or too thin, the decorations won't hold their shape.
    - Thin - Thin icing is used for icing your cake and for decorations such as printing, writing, and vines.
  - You will need to adjust the consistency of your icing depending on the decorations you will be making. It takes approximately 1 teaspoon of water or milk (5 ml) per cup of icing to convert stiff to medium and 2 teaspoons of water or milk (10 ml) per cup of icing to convert stiff to thin.
  - To check the consistency of your icing, test it by inserting a straight spatula all the way in the center of a cup of icing and gently shake the container.
    - For stiff icing, the spatula will not move.



- For medium icing, the spatula will move slightly and start to lean.



- For thin icing, the spatula will fall over but the icing should not be so thin that the icing will pour out of the cup.



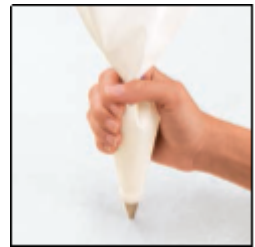
- Just a few drops of liquid can make a big difference in your results, so it is important that you understand the difference between the three.
- Too stiff and you'll have trouble working with it and getting it to flow through the bag and tip
- Too soft and your decorations will lack definition and end up as blobs

- Bag Position

- Correct bag position determines the shape and form of the piped decoration.
- Two Aspects of Bag Position

- Angle- the angle the bag is held in relationship to the decorating surface

- 90 degrees – bag is held straight up and down; perpendicular to the cake surface
  - Allows icing to mound up as you pipe
  - Used for dots, stars, rosettes

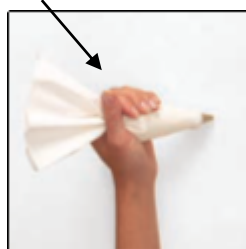


- 45 degrees – End of bag is angled halfway between straight up and down. Think of it as tilting it to the left or right, depending if you're right or left handed.

- When piping borders, it puts the border at a slight angle to cover cake edges more evenly



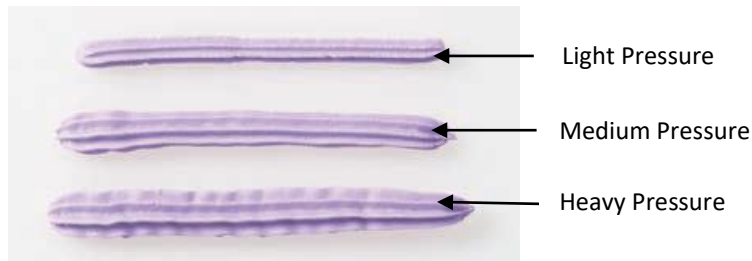
- Position – When holding the decorating bag at an angle other than 90°, it must be assigned a direction. Depending on the technique, the back of the bag is sometimes held so it's pointing towards you, or to the right (for right-handed decorators) or to the left (for left-handed decorators).



- It is also important to note that the position of the tip is important as well. Decorating techniques will note the position of the end of the tip, for instance "*slightly above the surface*", or "*gently touching the surface*".

- Pressure Control (How hard you squeeze bag)

- The size and uniformity of your icing designs are affected by the amount of pressure you apply to the bag and the steadiness of the pressure. Learn to apply pressure consistently so that just the right amount of icing flows through the tip. Practice will help you achieve this control. Changing the pressure will help you change the size of your decoration.



## PREPARING THE BUTTERCREAM ICING

- Thinning Icing

- If you cannot make buttercream icing, use Wilton Decorator Icing. Unlike grocery store canned frostings, Wilton Decorator Icing is a stiff consistency for decorating.
- Just a few drops of liquid can make a big difference in results, so make sure you don't add too much water to start. If icing becomes too thin, add a small amount of confectioner's sugar to make thicker.
- It takes approximately 2 teaspoons (10 ml) of water per cup of icing to change stiff to thin consistency.



\*Divide cans of icing, approximately 1 ¼ cups per child (there are approximately 2 ½ cups of icing per 16 oz. can) and assist children with thinning the icing until it is thin consistency.

- Tinting Icing

- Coloring Icing Using Gel Icing Colors

- Concentrated Gel Icing (in the jars) produce deep rich color with just a small amount and won't affect the icing consistency.
- Directions:
  - Start with white icing that has been thoroughly stirred
  - Dip a toothpick into the icing jar, then swirl into the icing, and stir icing with spatula to blend the color
  - Always use a new toothpick to add more color so you don't contaminate the icing color jar
  - A little goes a long way. Try adding only a little color at a time and mix to check whether you've achieved the right shade. When coloring buttercream icing, remember that colors intensify or darken after a few hours.



- Coloring Icing Using Food Coloring

- Liquid food coloring found in the baking aisle can be used to color icing for decorating, however there are limitations.
- Because of its liquid form, it can affect the consistency of your icing, especially when creating deep, intense colors.
- Color options are also very limited. Typically, only four colors are provided, limiting the combinations that can be created.



**Note:** Colors are very hard to duplicate, so keep the size of your project in mind and mix as much icing as you'll need to finish it.

\*Assist children with tinting icing:

- ¼ cup green
- Remaining icing in child's choice of color

## DECORATING BAG BASICS

### • Preparing the Bag

- With scissors, cut about ½" - ¾" off the tip of the bag
- Trimming too much of the bag can cause the tip to pop out of the bag when in use so start with cutting less rather than more
- Drop decorating tip inside bag and push to the bottom to expose about ½ of the tip out of the bottom of the bag
- If necessary, trim more of the bag so the tip is properly positioned



\*Assist children with preparing 3 bags:

- one with tip 8
- one with tip 18
- one with tip 352

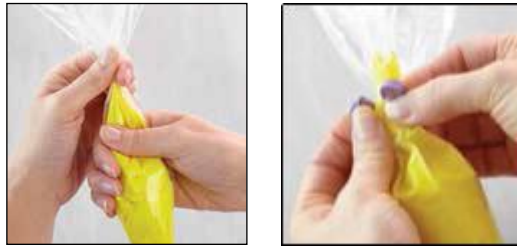
### • Filling the Bag

- Most important point in filling the bag is to NOT overfill it. A bag that is too full will be hard to control when piping and will make your hand tire faster.
- The correct amount to start with is about ½ a cup.
- Hold bag in one hand and fold down the top of the bag to form a generous cuff over your hand
- Using a spatula, fill bag with approximately ½ cup of icing
- To remove icing from spatula, squeeze bag with spatula between fingers and pull the spatula out, using the bag and your fingers to squeeze the icing off



### • Closing the Bag

- Unfold cuff, force the icing down into the bag, and twist the top of the bag closed
- Release any air trapped in the bag by continuing to squeeze the bag until some of the icing comes out of the tip and into a bowl. This is called "burping" the bag.
- If desired, use a decorating bag tie or rubber band to secure the bag closed so no icing squeezes out of the top of the bag. This tip is especially helpful for new decorators and children.



- **Holding the Bag**

- Place the bag in the palm of your hand with the twist between your thumb and forefinger
- Curl your fingers around the bag so you can apply even pressure with your entire hand
- Fatigue in any one finger may signal a problem in your grip.
- As you decorate, periodically twist the bag and slide the rubber band or bag tie down, to force the remaining icing down into the bottom of the bag and tip
- Use the fingers of your other hand to steady the bag and guide the tip as you decorate
- Squeeze the decorating bag as you guide it



## **DECORATING TECHNIQUES**

The remaining time is used for teaching the techniques. As everyone watches, demonstrate the first technique, while explaining position and pressure control. Allow students to practice on parchment or waxed paper after each demonstration. After demonstrating/practicing a technique, remove icing from practice paper with spatula and place used icing in bowl so it can be re-used. Repeat this process for each technique.

### **Round Tip Decorating**

- **Dot**
  - With a round tip 8, hold the bag straight up with tip just above the surface (about 1/4 inch)
  - Squeeze the decorating bag, applying a steady, even pressure
  - As the icing begins to build up, raise the tip with it, stopping pressure once the icing is even with the end of the tip
  - Stop squeezing and pull tip off to the side to break off any peak

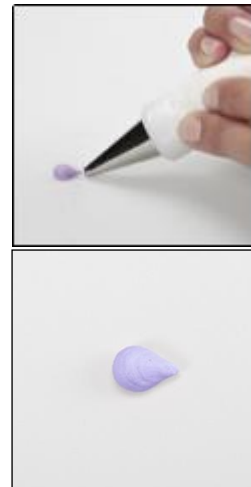


**Hints:**

- When making large dots, lift the tip as you squeeze to allow icing to fill out completely
  - If icing starts billowing out and around the tip, reduce pressure on your decorating bag
  - Points on dots can be patted down with a finger dipped in cornstarch
- Pull-out Dot
    - To create a pull-out dot, form the dot, then continue squeezing and pull tip up and away. Decrease pressure as you reach the desired length.



- Bead
  - Using tip 8, hold the decorating bag at a 45° angle with the back end of bag pointing toward you and with the tip slightly above the surface
  - Squeeze the decorating bag with heavy pressure so the icing fans out and raises the tip slightly
  - Relax the pressure as you draw the tip down and bring the bead to a point, forming a small tail
  - Stop squeezing and pull the tip away



- Bead Border
  - Start by piping a bead
  - Using the same pressure as the previous bead, start the next one about ¼ in. away so, as you start the new bead, it covers the tail of the preceding one
  - Continue adding beads to form a chain



- Heart Border
  - To create a heart border, pipe a bead angling the end slightly to the right



- Pipe another bead to the right of the first, this time angling the end slightly to the left, so it crosses over the end of the first bead. Continue creating hearts in a line.



### Star Tip Decorating

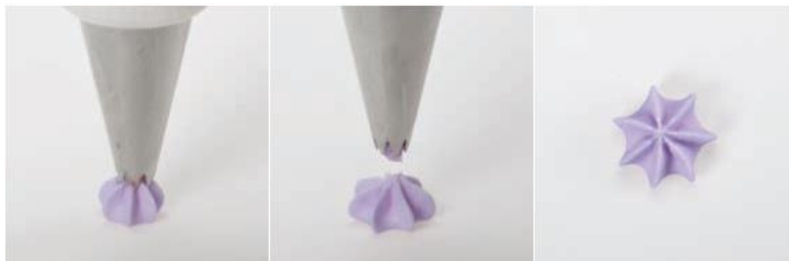
- Star

The star technique is timeless, it can be used as a classic border or as a stunning fill-in for the top of a dessert, and star tips come in a range of sizes and styles.

**Note:** This is the same technique as the dot shown above, just with a different tip.

- Using tip 18, hold bag straight up and down with the tip slightly above surface
- Squeeze bag firmly to form star. Increase or decrease pressure to change star size.
- To finish, stop pressure and pull tip straight up and away. Be sure to stop pressure completely before you pull your tip away. This will give you a perfect shape, without peaks.

**Hint:** Maintaining the same pressure when piping the icing will assure that the stars are identical in shape and size.



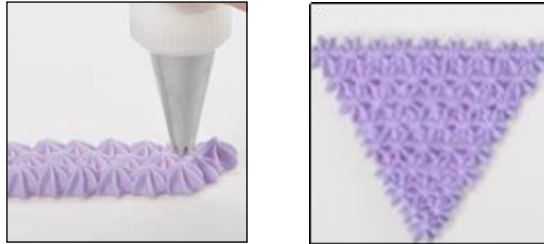
- Star Border

- Pipe a row of stars all the same height and width.



- Star fill-in

- Start with a row of stars piped evenly and close together
- Adjusting the tip position slightly each time so that the points of the stars interlock, pipe additional rows to cover the entire area without any gaps



- Curving Line

- Using a star tip 18, hold the decorating bag tipped to the right at a 45° angle with the tip lightly touching the surface. Left-handed students should hold bag tipped to the left at a 45° angle.
- Use steady pressure as you glide tip along the surface in a wave like motion
- Move your whole arm, not your wrist, as you glide along the top of the surface
- Stop pressure. Pull tip away.



- Tight Zigzag

- Using the same tip, bag angle, and motion as you did for the curving line, shorten the distance from the peak of one wave to the peak of the next so that there is no gap between them.

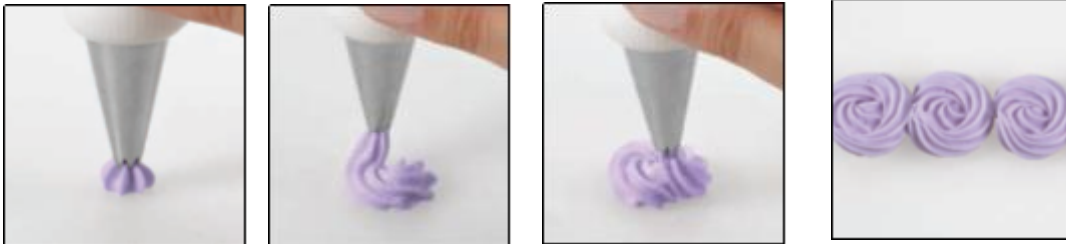
**Hint:** When piping zigzags, think about two motions: up and down and to the side simultaneously. The up and down movement of your arm determines the height of the waves; the motion to the side-effects the distance between them.



- Rosette

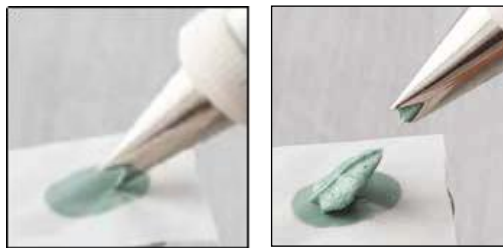
- Using tip 18, hold the bag straight up, with the tip just slightly above the surface

- Squeeze to form a star. Without releasing pressure, raise the tip a little bit and move it slightly to the side. This will be the starting point of your rosette.
- Pipe a line of icing toward the top of the star. Using a circular motion, pipe a semi-circle until it connects to the starting point of your rosette.
- To prevent a tip from forming, decrease pressure as you close your rosette. Stop squeezing right before you connect, then pull away.



### Leaf Tip Decorating

- Leaf
  - Using tip 352, hold bag at a slight upward angle from surface. The tip should lightly touch the surface with the points of tip aligned vertically like a bird beak.
  - Squeeze hard to form the base of the leaf
  - As you squeeze, slowly pull the tip slightly upward (this will give the leaf a little lift)
  - Relax pressure as you pull away to form the leaf point. Stop squeezing before pulling tip away.



- Flat Ruffle

- Using tip 352, with the tip slightly above the surface and the points of the tip aligned like a bird beak, hold the decorating bag at a 45° angle with the back end of bag pointing toward you
- Apply pressure to the bag and quickly move the tip away from you, then back toward you, using consistent motion. Repeat all the way around your treat for a border.



### DECORATE TREATS

Children can apply any of the techniques they learned to create their own treats. You can also choose a theme or design for them to follow.

## CLEAN-UP AND WRAP-UP

### INSPIRATION

Dots:



Pull-out Dots:



Beads:



Stars:



Rosettes:



Zig Zag:



Leaf:



Leaf Ruffle:



Photo Credit: [https://www.craftsy.com/cake-decorating/article/buttercream-borders/?skipMod=1&cr\\_linkid=2018/05/07%2002:50%20-0400\\_feedblitz\\_all&cr\\_maid=95954&cr\\_medium=Internal%20Email&cr\\_source=Craftsy%20En\\_gage](https://www.craftsy.com/cake-decorating/article/buttercream-borders/?skipMod=1&cr_linkid=2018/05/07%2002:50%20-0400_feedblitz_all&cr_maid=95954&cr_medium=Internal%20Email&cr_source=Craftsy%20En_gage)



Photo Credit: <https://iambaker.net/from-scratch-strawberry-cake-with-cream-cheese-frosting/>

### **WILTON BUTTERCREAM ICING**

(Recipe yields 2 ½ cups of stiff consistency icing)

4 cups sifted confectioners' sugar (approximately 1 lb.)  
1 cup solid vegetable shortening  
1 tsp. Wilton Clear Vanilla Extract  
2 Tbsp. milk or water

Sift confectioners' sugar into a large mixing bowl, set aside. Cream shortening, vanilla and milk or water. Gradually add sugar and mix on medium speed until all ingredients have been thoroughly mixed together. Blend an additional minute or so, until creamy.

For Medium Consistency:

Add one teaspoon of milk or water to each cup of stiff consistency icing (one **additional** tablespoon of liquid when you are using the full recipe).

**Note:** For this project, we will be using thin consistency.

For Thin Consistency:

Add two teaspoons of milk or water for each cup of stiff consistency icing (two tablespoons of **additional** liquid for the full recipe). Mix until all ingredients are well blended.