

CAKE DECORATING

LEADER RESOURCE GUIDE

LEVEL I

Level I is divided into six sections. However, it is up to the discretion of the leader to determine whether or not the members are ready to proceed from one section to the next.

Each tip and border should be uniform and resemble pictures in the Welton's Cake Decorating Book which is used as reference. Members should know how to apply icing evenly and smoothly on cakes before proceeding to the next level.

Be sure not to rush members through Level I because it takes time to perfect the art of basic cake decorating.

Note: The list of equipment supplies, recipes and other information necessary for doing Level I is listed in the front of the manual.

This level is divided into the following sections,....

1. Introduction to Basic Tips and Borders
2. Using Pressure Control
3. Practicing with Tips
4. Tinting Icing
5. Sugar molds

Section 1

In this section, members will learn how the decorating unit fits together and they will be introduced to the 4 tips used in Level I. Members should be made aware of the importance of personal hygiene when working with food.

Decorating Unit:

It is made up of three parts: the decorating bag, the decorating tip and the coupler.

- a) decorating bag: is cone shaped and available in various sizes. These bags can be made of such materials as a plastic polyester coated fabric cone, clear plastic cone or a parchment paper bag.

Note: Members should use the plastic polyester coated decorating bags. They are easy to clean and reusable.

- b) decorating tips: are also cone shaped and made of metal or plastic. These tips can either fit directly inside the decorating bag or they can attach on the outside of the bag to a "coupler". The type of decoration is determined by the size and shape of the opening as the icing is squeezed through the tip.
- c) the coupler: is a grooved insert and retainer ring that fits together allowing easy tip changes. The decorating tip fits onto the coupler base and the coupler retainer ring is screwed on to hold tip in place.

Section 2

In this section, members will learn how to fill the decorating bag with icing. They will learn what pressure control is and how it affects cake decorating. Members will practice with tip #4 using proper pressure control.

Begin your meeting by gathering and sorting out required equipment for this meeting. Be sure you have all that you need. Once everything has been gathered you may begin by demonstrating how to make the icing.

Note: you should demonstrate this procedure first then allow members in groups of three to mix up a batch of icing.

Filling Cake Decorating Bag with Icing

Once the icing is mixed and your work area is set up, then you can put your decorating unit together. With decorating bag, coupler and tip in place you are ready to fill the decorating unit with icing. Fold the edge of the decorator bag over making a cuff of about 5 cm (2") wide. Hold the bag below the folded cuff and use a spatula to push your decorator icing down into the bag. Once icing is pushed into place twist the end closed or put an elastic around top to secure icing in bag.

Note: This technique should be demonstrated by the leader. Keep in mind that the decorating bag should only be filled half full. If too much is in the bag it will get pushed back up through the top.

The next step in cake decorating is to learn the importance of pressure control. In order to master the art of cake decorating you must first master the art of pressure control.

Pressure Control:

To produce the desired decoration, the angle at which you hold your decorating bag must be correct. To hold the decorating bag correctly, grip the bag near the tip with the twisted or folded end locked between your thumb and fingers. There are two basic positions for the decorating bag: the 90o angle and the 45o angle. You will become better acquainted with these positions as you learn to decorate. Use your free hand to guide the bag.

The amount of pressure and steadiness applied to the decorating bag will determine the size and uniformity of any icing design. For your decoration to be exact, you must control the pressure. Only practice can help you to accomplish this.

Special Note For Left-handers

If you are left-handed, hold the decorating bag in your left hand and guide the decorating tip with the fingers of your right hand. A left-handed person should keep in mind they should always decorate from right to left except when printing or writing.

Activities for Section 2

1. Members can be split into groups of three to make up a batch of buttercream icing. The icing can be split between the three for practice purposes.
2. With the icing made by the members have them fill their decorating bags.
3. Members are to practice on a cookie sheet or foil covered plate with tip #4. Allow them to continue practicing with this tip until they feel comfortable.

Note: Some members may need to continue practicing with tip #4 at the next meeting, before moving onto a new tip.

Section 3

In this section, the members will be introduced to two more tips and continue to practice with them. They will learn how to properly bake a cake and apply a crumb-coating and top coat. These are all important ingredients to the art of cake decorating.

Tip #16, #21

These tips are used to fill in surface areas on cakes, as well as to outline.

They are also used to produce a star or rosette pattern, depending on which you prefer and how you control your tip. The size of the pattern depends on the size of the tip's opening. Practice is essential to master the art of cake decorating. First practice the stars, then gradually move on to experimenting with rosettes.

Practice Makes Perfect

The objective of the Cake Decorating Manual is to eventually graduate from very basic decorating to fancy and delicate decorating. In order to do this, the basics must be accomplished first. Start with practicing the drop star. With the decorating bag in hand hold it at a 90° angle with the tip slightly above practice surface. Squeeze decorating bag in order to form a star, then stop pressure and pull away. Increase or decrease pressure to change star size. (Fig. 1)

Once you feel you have perfected the star, try the rosettes.

In doing a rosette, hold the decorating bag at a 90° angle straight up and down with the tip almost touching your working surface. As you start to squeeze out a star of icing move tube down around and up over the star forming a rosette then stop pressure and pull tube away. (Fig. 2)

The drop star consists of eight points around its circumference. Members should be able to do a row of at least ten stars all of uniform size. Once they feel comfortable and satisfied with the results move onto rosettes.

Rosettes are simply drop stars that are twisted thus giving them a fluffy appearance. Members should practice until they feel all the rosettes are uniform in size.

Activities for Section 3

1. Members should continue to practice with tips #16 and #21.
2. Members should practice on muffins and crumb coating procedure.

Section 4

Encourage members to use their imagination and creativity in designing decorative borders with the tips they have already used. In this section, introduce members to tip #131.

The next few pages are filled with examples of borders. Members should try and practice all of the borders but be sure to encourage them to create their own designs and borders.

Note: While doing this section, remember that icing is reusable. When practicing to make borders be sure that members do it on a flat surface either a cookie sheet or foil covered plate. Remember to mix icing gently and as little as possible. Otherwise, you will run into the problem of air bubbles and icing becoming too creamy.

Using Tip #4:

" " design: This border is an easy border to start with. Begin by holding the bag at a 45° angle to the practice surface. As you are squeezing out the icing, move tip down and around as if you were writing the letter " ". Use steady pressure as you repeat this motion.

Heart and Bead Border: This too is a very simple border. Start with the tip slightly above practice surface with the bag at a 45° angle with the end of the bag pointing towards you. Squeeze bag and lift tip slightly so icing fans out into a base. A heart design can also be made by simply squeezing two beads side by side and joining them.

Keep in mind that either of these designs can be used separately or together as a border.

Drop String: Tip #4 is also great for drop string border. Once again, hold the decorating bag at a 45° angle to your practice surface. Then touch your tip momentarily so that icing sticks to surface. Pull tip straight out away from surface, allowing icing to drop into an arc. Stop pressure as you touch tip to the surface. Repeat this procedure forming a row of drop strings. Be sure to mark surface into intervals in order to keep drop strings uniform.

For double drop strings, begin at first mark again, squeeze bag, let icing drop into a slightly shorter arc than the first row.

Activities for Section 4

1. Members should examine the examples of borders in the Wilton's Cake Decorating Book.
2. Members are to practice borders keeping in mind imagination and creativity is their greatest asset.
3. Members are to practice with tip #131. When they feel this drop flower is perfected, they may want to implement them into borders. They should refer to Wilton's Cake Decorating Book for ideas.

Note: This section takes a lot of necessary practice. Depending on the time you have set aside for project meetings, you may wish to spend more than one or two meetings on this section.

Section 5

In this section, members will learn the method of tinting icing and how to choose colors when decorating a cake.

Coloring Icing

Coloring brings cake decorations to life. It is important to learn the basics of color. In order to achieve pleasant top quality cake decorations members must learn to appreciate good color combinations and how to balance colors. Color bases used for tinting icing come in both liquid and paste. Liquid colors are concentrated and blend readily into icing. Paste coloring is the favorite coloring to decorators because it is concentrated in a creamy, rich base that can be added to icing without changing its consistency. Both coloring tints give vivid and deep, rich coloring.

Facts About Colors

Reds, oranges and yellows stimulate, attract, excite and make things appear larger. They are associated with fire, danger, warmth and sunlight and are considered advancing colors.

Greens, blues and purples are soothing, cool, calm and restful and make things appear smaller. They are associated with grass, water and sky and are considered receding colors.

Orange, red and blue have the greatest attention value. Yellow, green and orange have the greatest amount of brightness.

Lightness and darkness create the sense of increased or decreased space; light colors seem to increase the size of objects and dark colors decrease their apparent size.

Background colors should be neutral or less intense than the objects shown on them. They should blend harmoniously with decorations on the cake unless contrast is desired. Vivid colors should be used sparingly and on small areas; dull colors on large areas.

Section 6

At this meeting, members will learn about sugar molds. These are decorations used as a finishing touch on a cake or use as a decoration by itself.

The recipe for sugar molds is in the recipe section of the guide.

Note: Make sure each member makes at least one sugar mold.

Sugar molds can be made into various shapes; i.e. egg, bell, shell, box, bowl animal, etc.. If no molds are available, members can use cookie cutters or candy molds.

Sugar Molding

Once the mixture is ready, spoon into clean molds. Pack the sugar mixture tightly into the mold so there's no cracks or holes on the finished item. continue to fill with sugar until the mold is full. Remove excess sugar. Cover the mold with wax paper and turn upside down (holding both wax paper and mold). Place on a hard surface to dry. The sugar should come easily away from the mold. If it does not, give it a gentle tap. Remove from mold and allow to dry. It takes several hours to harden.

For hollow pieces such as bowl or egg, prepare as above. When the pieces begin to harden on the surface, place the sugar back into the mold. Remove the filling, from the center, leaving a thin shell.

The mold will be dried when a sharp knife cannot penetrate the surface.

When dried, the mold can be trimmed.

If using sugar molds to trim cake be sure to dab the base of the mold with frosting in order for it to hold firmly to the cake. Since sugar molds tend to absorb moisture from the frosting put them on the cake at the very last minute.

Activity for Section 6

1. Members are to make up sugar molds. They may or may not want to use sugar molds on their final display cake. It is up to the individual.

To Make A Sugar Mold

Pack the mold firmly with the sugar mixture. Use a palette knife to level the base. Turn the sugar mixture out onto a piece of waxed paper and allow the surface to dry until a crust of dried sugar has formed on the surface. This takes about 1 to 2 hours.

(The sugar should come away from the mold; if it doesn't just tap the mold gently until it does.)

Extra Project Activities

- Members may enjoy decorating cakes for special club parties such as Halloween, Christmas, or Easter.
- For a fund raising idea, what would be better than selling tickets on a cake decorated by a 4-H member or members.
- Donate a cake to a charity organization, or to an elderly guest home on a special occasion such as Christmas.

Personal Hygiene:

Members must be made aware that cleanliness is very important since they are working with food items. Their hair must be tied back, clothes covered with an apron and hands cleaned before cake decorating begins.

EQUIPMENT

LEADERS NOTE:

The equipment quoted in this manual such as tips, couplers, decorating bags and coloring paste are all products of Wilton. These have been recommended to you because they are most readily available. You may choose other products, however, be aware that some adjustments may have to be made. For example, tip sizes may vary.

If members are unable to get exact tip size (style number required), the member should use the tip style as close to the required one as possible and note this on their tag or record sheet. This then will be acceptable.

Note: As leaders, you should review each section, so you will be able to demonstrate these techniques to the members. You should also encourage the members to use their own imagination and create new and exciting designs. Members should practice these new and advanced techniques and try to make variations of them.

Also, as a leader you will find it easier to read each lesson in advance. There may be preparations you must look after before that particular meeting.

Equipment Needs:

Depending on the size of your club, you may need more than one set of equipment. If your group consists of more than eight members have a second set of equipment available.

ALL LEVELS:

Equipment needed for a group of several members to share are:

1 medium size mixing bowl	1 electric beater
1 set of dry measures	3 spoons
1 set of small measures	1 dish towel
1 liquid measuring cup	1 dish cloth
1 spatula	wax paper

Equipment that the entire group could share are:

- 1 set of paste colors
- Wiltons Cake Decorating Book

ALL LEVELS:

Individual members will require:

- 1 decorating bag 25 cm (10")
- 1 coupler
- 1 apron
- 1 cookie sheet or foil plate

LEVEL I

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Fitting the Decorating Unit Together

With the coupler in hand unscrew the retainer ring, proceed to drop the coupler base (narrow end down) into decorating bag. Then slip the decorating tip onto the coupler base and screw the coupler retainer ring in place over the tip.

Note: Members should be allowed to practice putting the decorating unit together. This will help them to become familiar with the cake decorating equipment.

Basic Four Tips Used in This Manual:

Note: As a leader you may want to have a copy of the Wilton's Cake Decorating Book on hand for members to look through. This will help the members to visualize what each tip can do.

Tip No. 4

This tip is suitable for making dots, lines, balls, stems, stringwork and messages because of its smooth round opening.

Tip No. 16 and Tip No. 21

This serrated opened tip is used to follow the entire outline of a cake and to fill in open surface area. This tip produces drop stars, rosettes, ropes, zigzags, scrolls and ribbed designs. Tip #21 is a larger version of tip #16 and is used in the same way.

Tip No. 131

This is a six point star like drop flower. It is used in borders or in flower arrangements.

Activities for Section 1

1. Members should have a decorating unit that can be passed around so they can practice putting it together. They should examine carefully the different parts and how they fit together.
2. Members should also look through the Wilton's Cake Decorating book which is available from the local 4-H Specialist. This book will help them visualize what they will be doing.
3. Members are responsible for doing a cost sheet of the required equipment needed to begin this project. The equipment required is listed in the equipment section of the guide.

Section 2

In this section, members will learn how to fill the decorating bag with icing. They will learn what pressure control is and how it affects cake decorating. Members will practice with tip #4 using proper pressure control.

Begin your meeting by gathering and sorting out required equipment for this meeting. Be sure you have all that you need. Once everything has been gathered you may begin by demonstrating how to make the icing.

Note: you should demonstrate this procedure first then allow members in groups of three to mix up a batch of icing.

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Note: This technique should be demonstrated by the leader. Keep in mind that the decorating bag should only be filled half full. If too much is in the bag it will get pushed back up through the top.

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Special Note For Left-handers

If you are left-handed, hold the decorating bag in your left hand and guide the decorating tip with the fingers of your right hand. A left-handed person should keep in mind they should always decorate from right to left except when printing or writing.

Baking Your Cake

Things to Keep in Mind

Baking a cake for decorating purposes calls for more careful preparation than one that is going to be simply iced. Keep in mind that the most perfect decorations cannot save a lopsided cake. By carefully following these steps members will demonstrate their best decorating achievements.

1. Be sure to preheat oven to required temperature for baking your cake.
2. Grease the inside of the cake pan generously with solid vegetable shortening. Spread the shortening so that all of the pan's indentations are covered.
3. Sprinkle baking pan with flour spreading until all surface area is covered then tap out excess flour. If any shiny spots are showing be sure to touch them up with more shortening and flour. This helps to prevent the cake from sticking.
4. Bake cake according to recipe specifications. Once cake is finished baking allow for it to cool in pan on rack for 10 minutes. When removing cake from pan place cooling rack against cake and turn both cake and pan over. Then lift cake pan off carefully. Cool cake for at least one hour. If cake is cooled too long and is stuck to pan, return cake to the oven for five minutes and invert again. Cool cake for at least one hour. Brush loose crumbs off cake.
5. To save time, you may bake the cake ahead of decorating day and freeze or cover cake until you are ready to decorate.

Be sure to take note of these hints. Members find them helpful when they bake their own cake at home or for Achievement Day.

Basic Crumb Coating Applied before Frosting:

For the basic crumb coating you are putting an extremely thin covering of buttercream icing on the cake before the final decorating.

Place cake on covered cardboard surface. Brush loose crumbs from the cake, smooth icing over the cake by dipping your spreading knife or spatula (refer to diagram for picture of proper spreading knife; be sure the knife is not serrated) in hot water. Smooth only small areas at a time beginning with sides of cake, then doing the top of cake in the same manner. This procedure eliminates any loose crumbs. Once finished icing the cake allow it to sit for approximately twenty minutes.

Applying the Top Coat:

1. Ice sides first working from bottom towards the top. Use long even strokes, building up edges slightly higher than cake's top surface (Diagram 1).
2. Ice the top of the cake next. With your spatula in hand heap icing on the top of the cake and spread to meet built up edges. (Diagram 2).
3. To smooth the cake top dip the spatula in hot water, then place it flat on cake top, half-way across the cake. Then press down lightly, holding spatula still, and carefully turn cake plate in a complete circle. (Diagram 3)
4. Next smooth the cake sides. Once again dip spatula in hot water, then press it to the side of the cake. With your other hand free, turn the cake plate until all sides are smooth. (Diagram 4)

Activities for Section 3

1. Members should continue to practice with tips #16 and #21.
2. Members should practice on muffins and crumb coating procedure.

Section 4

Encourage members to use their imagination and creativity in designing decorative borders with the tips they have already used. In this section, introduce members to tip #131.

The next few pages are filled with examples of borders. Members should try and practice all of the borders but be sure to encourage them to create their own designs and borders.

Note: While doing this section, remember that icing is reusable. When practicing to make borders be sure that members do it on a flat surface either a cookie sheet or foil covered plate. Remember to mix icing gently and as little as possible. Otherwise, you will run into the problem of air bubbles and icing becoming too creamy.

Using Tip #4:

" " design: This border is an easy border to start with. Begin by holding the bag at a 45° angle to the practice surface. As you are squeezing out the icing, move tip down and around as if you were writing the letter " ". Use steady pressure as you repeat this motion.

Heart and Bead Border: This too is a very simple border. Start with the tip slightly above practice surface with the bag at a 45° angle with the end of the bag pointing towards you. Squeeze bag and lift tip slightly so icing fans out into a base. A heart design can also be made by simply squeezing two beads side by side and joining them.

Keep in mind that either of these designs can be used separately or together as a border.

Drop String: Tip #4 is also great for drop string border. Once again, hold the decorating bag at a 45° angle to your practice surface. Then touch your tip momentarily so that icing sticks to surface. Pull tip straight out away from surface, allowing icing to drop into an arc. Stop pressure as you touch tip to the surface. Repeat this procedure forming a row of drop strings. Be sure to mark surface into intervals in order to keep drop strings uniform.

For double drop strings, begin at first mark again, squeeze bag, let icing drop into a slightly shorter arc than the first row.

Remember the secret of this decoration is to let the string drop to form an arc, not your hand. Always decorate the longest string first and add shorter strings. This decoration is great for cake sides.

Using Tip #16, #21

Shells: This is a very simple and popular border. Hold the decorating bag at a 45o angle with the tip slightly above the practice surface. Squeeze bag with heavy pressure and lift the tip slightly as icing builds up and fans out into a full base. To make the tail, relax pressure and pull your hand down towards you. Stop pressure and pull tip away. When doing this border always work toward yourself, starting each new shell slightly behind the tail of the previous one.

Fleur de Lis: Keeping the decorating bag at a 45o angle make a vertical shell. Starting at the left of this shell squeeze bag to fan icing into a shell base. Join to tail of the first shell. Then repeat this procedure to the right side of the first vertical shell.

ZigZags: With decorating bag at a 45o angle and the end of the bag pointing out to the right, touch the tip to the surface. With steady pressure squeeze out icing, moving your hand in a tight side to side motion. To finish, stop pressure and pull tip away. " " design: This border can also be done by the same procedure as using tip #4.

Using More than one Tip:

Rosette and Star Design:

1. Use tip #21 to make a horizontal row of rosettes.
2. Add a single row of stars with tip #16 on each rosette.

Using Tip #131

Star Drop Flower: To make the star drop flower hold the bag at a 90° angle with the decorating tip #131 touching your practice surface. For a simple drop flower squeeze decorating bag keeping tip in icing as flower forms. Stop pressure. Pull tip away.

For a swirl drop flower, turn your hand as far left as possible, squeeze out icing as you turn your hand back to the right.

To finish off the flowers use tip #4 making a dot in the center of the flower.

Note: Refer to the Wilton's Cake Decorating Book again for photographs of the drop flower. Allow members to practice until they feel comfortable.

Activities for Section 4

1. Members should examine the examples of borders in the Wilton's Cake Decorating Book.
2. Members are to practice borders keeping in mind imagination and creativity is their greatest asset.
3. Members are to practice with tip #131. When they feel this drop flower is perfected, they may want to implement them into borders. They should refer to Wilton's Cake Decorating Book for ideas.

Note: This section takes a lot of necessary practice. Depending on the time you have set aside for project meetings, you may wish to spend more than one or two meetings on this section.

Section 5

In this section, members will learn the method of tinting icing and how to choose colors when decorating a cake.

Coloring Icing

Coloring brings cake decorations to life. It is important to learn the basics of color. In order to achieve pleasant top quality cake decorations members must learn to appreciate good color combinations and how to balance colors. Color bases used for tinting icing come in both liquid and paste. Liquid colors are concentrated and blend readily into icing. Paste coloring is the favorite coloring to decorators because it is concentrated in a creamy, rich base that can be added to icing without changing its consistency. Both coloring tints give vivid and deep, rich coloring.

Facts About Colors

Reds, oranges and yellows stimulate, attract, excite and make things appear larger. They are associated with fire, danger, warmth and sunlight and are considered advancing colors.

Greens, blues and purples are soothing, cool, calm and restful and make things appear smaller. They are associated with grass, water and sky and are considered receding colors.

Orange, red and blue have the greatest attention value. Yellow, green and orange have the greatest amount of brightness.

Lightness and darkness create the sense of increased or decreased space; light colors seem to increase the size of objects and dark colors decrease their apparent size.

Background colors should be neutral or less intense than the objects shown on them. They should blend harmoniously with decorations on the cake unless contrast is desired. Vivid colors should be used sparingly and on small areas; dull colors on large areas.

Note: Members should really be made aware of the importance of colors. Be sure to go over "Facts About Colors" carefully with them. Be sure that members understand the importance of backgrounds. When they use writing on cakes be sure they know enough to use an attention getting color.

Method for Tinting Icing:

1. Begin with white icing adding the color a little at a time until the shade you desire is achieved. Liquid coloring should be added to icing a drop at a time whereas paste coloring should be added with a toothpick.

Note: Tint a small amount of icing first then mix in with remainder of white icing. Color of icing intensifies or darkens 1-2 hours after mixing.

2. In order to mix deep or dark colored icing a larger amount of coloring will be required.
3. Always be sure to mix enough of any one color icing. As you gain decorating experience, you will learn just how much of any one color you will need. This is very important because it is extremely hard to duplicate an exact shade of any color.

In concluding this color section remember that the colors you decorate your cake are as important as the decorations themselves. If the colors are too dark or too pale, the details of your design can get lost. As a general rule, lighter colors are best for backgrounds with deeper brighter colors for individual decorations.

Colors for Unusual Colors

Mixing Colors Chart

Lemon Yellow + Pink = Peach

Violet + White = Lavender

Copper + White = Flesh

Golden Yellow + Brown = Gold

Leaf Green + Sky Blue = Aqua

Note: Allow members to practice tinting icing. They do not necessarily have to mix colors as above; this was given so they would have it for future reference. However, if they want to use some of these colors on their achievement day cake they may. But be sure they mix one color at a time first, then they may practice mixing together more than one color.

Activity for Section 5

Members are to experiment with tinting icing. Allow them to find out exactly what this procedure involves.

Section 6

At this meeting, members will learn about sugar molds. These are decorations used as a finishing touch on a cake or use as a decoration by itself.

The recipe for sugar molds is in the recipe section of the guide.

Note: Make sure each member makes at least one sugar mold.

Sugar molds can be made into various shapes; i.e. egg, bell, shell, box, bowl animal, etc.. If no molds are available, members can use cookie cutters or candy molds.

Sugar Molding

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Pack the mold firmly with the sugar mixture. Use a palette knife to level the base. Turn the sugar mixture out onto a piece of waxed paper and allow the surface to dry until a crust of dried sugar has formed on the surface. This takes about 1 to 2 hours.

(The sugar should come away from the mold; if it doesn't just tap the mold gently until it does.)

Return the sugar mixture shell to the mold and scoop out the damp sugar in the center until a thin shell remains. Be careful not to puncture the shell. Turn the shell out of the mold once more and allow to dry completely. Drying takes about 24 hours. For quick drying, place in a 100°C (200°F) oven for 20 minutes. When dry, trim the rims of the shell and decorate as desired.

2. Members should decide what their cakes will be like and have it sketched for the next meeting.

Note: At the next meeting the members will be required to decorate an entire cake by themselves. This will allow them to put everything they have learned into practice.

Since each member will require a cake you must decide who is responsible for bringing in and supplying the cakes. One alternative is to use styrofoam cakes. But again you will need someone to supply you with styrofoam cakes.

Styrofoam Forms: These can only be used for practice. Real cakes are required for Achievement Day, Exhibition and 4-H Show.

Section 7

Members are to put all their decorating skills together and create a fully decorated cake, all of their own design.

Each member is to have a clean work area and all their supplies in order. Be sure each member has their sketch in which to refer. They are to do their own cake decorating and use their imagination and ideas.

Activities for Lesson 7

1. Members are to include a brief write-up about the results of their decorated cake as compared to their sketch they have done. Did it turn out like their sketch? Why or why not? What adjustments did they have to make with decorations and why? Members are also to include in their record sheets any notes on changes they are going to make from their sketched design for their cake on Achievement Day.
2. Members are to include any photographs taken during this project in their record sheets.
3. Members are to include a record of their total cost needed for decorating their practice cake.

Note: Leaders should make sure that each member understands exactly what is expected of them on Achievement Day.

Extra Project Activities

- Members may enjoy decorating cakes for special club parties such as Halloween, Christmas, or Easter.
- For a fund raising idea, what would be better than selling tickets on a cake decorated by a 4-H member or members.
- Donate a cake to a charity organization, or to an elderly guest home on a special occasion such as Christmas.

LEVEL II

This is the second of three levels of the Cake Decorating project. You will advance from the basics of cake decorating into a world of cake decorating where members learn to design their own original patterns.

This level is divided into the following sections:

1. Royal Icing
2. Advanced Borders
3. Sweet Pea Designs
4. Rose Making
5. Marzipan Decorating
6. Decorating a Practice Cake

Note: Leaders should review each section, so they will be able to demonstrate these techniques to the members.

Leaders should also encourage the members to use their own imagination and create new and exciting designs. Members should practice these new and advanced techniques and try to make variations of them.

Members can stay in a level two years provided the member and leader feel the member has not achieved the necessary skills and techniques to advance to the next level.

Section 1

Members are to be introduced to the special features of Royal Icing (recipe can be found in the recipe section of the guide).

Note: As leader, you are to demonstrate this procedure first then allow members in groups of three to mix up a batch of royal icing.

Special features of Royal Icing:

- very sweet, stiff consistency and dries candy hard for decorations that last a long time.
- bowl and utensils must be grease-free (therefore, avoid using plastic bowls).
- icing can be stored in an airtight covered container at room temperature for up to two weeks.
- during use cover icing with damp cloth to prevent crusting.
- ideal for making flowers, piping figurines, overpiping and decorating cookies.
- flowers and decorations made from royal icing should air dry then they can be stored for months.

Note: Royal icing should only be used when called for or used when decorations must last a long time.

Activities for Section 1

1. Members can be split into groups of three to make up a batch of Royal Icing. This icing can be split between the group for practice.
2. Members are responsible for doing a cost sheet of the required equipment for this level. The equipment required is listed in the front section (equipment) of the guide.
3. The club must decide who is responsible for bringing to the meetings the necessary supplies.

Section 2

This section consists of new borders for each member to practice. Members should practice until they feel comfortable with all the borders. Each border should be uniform and resemble pictures found in the Wilton's Cake Decorating Book.

Note: Leaders should be prepared to demonstrate each of the following borders to the members.

Wilton's Cake Decorating should be accessible so members can refer to it as they practice each of the borders.

Use buttercream icing for practice purposes. Remember it can be stored and used again at the next meeting.

Star Puffs and Rosette Border (use tip #16 or #21)

Decorating tip should be slightly above practice surface and decorating bag should be held at 90o angle. Squeeze bag and move hand to the left, up and around in a circular motion. Continue to circle through until you reach the center of the decoration. Stop pressure. Pull away. This gives you your star puff decorations.

A star puff differs from a rosette because you stop pressure when you reach the starting point of the decorations.

Both the rosette and star puff make a beautiful cake border whether used along or in combination.

Cornellis Lace (use tip #4)

Hold your decorating bag at a 90o angle with tip just above the practice surface. Squeeze a continuous string of icing, curve it up and down and around until desired area is covered. Be sure strings never touch or cross.

Note: Leaders should make members aware that Cornellis lace can be used to decorate any surface area of a cake. The Wilton's Cake Decorating Book shows many examples of Cornellis lace.

Section 3

Sweet Pea Designs

Use a slightly stiffened icing such as Royal Icing when making these flowers. Spread a piece of waxed paper across the surface of a cookie sheet.

Note: This section requires royal icing. Leaders should also be prepared to demonstrate the making of the sweet pea. This section may take an entire meeting just to accomplish a satisfactory sweet pea, so be sure you allow for enough practice time.

Sweet Pea Procedure

1. With tip #104 make a base petal. With the decorating bag at a 45o angle touch the wide end of the tip to the practice surface. Have the narrow end of the tip pointing slightly up and away from surface. Squeeze the decorating bag, move the tip up to the right and back down.
2. Holding your decorating bag at a 45o angle, make the center petal. With the wide end of the tip touching the bottom centre of the base petal, point narrow end straight up. Squeeze decorating bag and lift the tip slightly. Stop pressure. Lower and pull tip away.
3. Make the side petals. Touch wide end of tip to the bottom left edge of centre petal. Point the narrow end of the tip up and out to the left. Squeeze decorating bag and lift tip slightly. Stop pressure. Lower tip and pull tip away. Repeat this procedure for the right petal.
4. Next add a stem using tip #3. Use a softer icing. Hold the decorating bag at a 45o angle to the practice surface. Insert tip into flower base. Hold tip in place as you squeeze icing; drawing tip down to form a stem. Before members finish practising they should be able to make a row of about five uniform sweet peas.

Third Row with Seven Petals:

1. Touch the wide end of the tip #104 to a point below the centre of the petal in the second row. Squeeze and turn nail moving the tip up, around and down.
2. Begin the second petal just slightly behind the first. Make sure the petals are overlapping spaces between petals in the second row. Continue this procedure to make seven petals.
3. Slip waxed paper square holding your finished rose off the nail.

Note: Members should continue to practice until their roses are all uniform and they are satisfied with the results. Leaders should demonstrate the making of a rose before members begin to practice. An entire meeting should be devoted to rose making since this is a very difficult decoration.

Combined Colored Roses:

1. Two-tone Rose - make the bud and the first row of petals in first color, then the rest of the rose in a second color.
2. Three-tone Rose - make the bud and the first row of petals in first color, the second row of petals in a second color, third row of petals in third color.

Note: Once members have mastered the art of rose making, let them move onto leaf making. This will be an asset when members are doing arrangements of flowers on cakes.

Leaves: (Use tip #67) - Leaders should demonstrate the technique involved with making these different leaves.

Leaf tips have a v-shaped opening giving the leaves pointed ends. With any leaf tip you can make plain, ruffled or stand-up leaves.

Basic Leaf

Holding the decorating bag at a 45° angle to practice surface, squeeze decorating bag. Hold the tip in place to allow icing to fan out into the base. Relax and stop pressure as you pull tip towards you and draw leaf to a point. For a ruffled leaf, move tip back and forth slightly while you draw leaf to a point.

Stand-up Leaf

Hold the decorating bag at a 90° angle to the practice surface. Begin by touching the tip lightly to surface and squeeze bag. Hold tip in place as icing fans out to form a base. Relax and stop pressure as you pull tip straight up and away from surface creating a stand-up leaf effect.

Lesson 5: Talk about marzipan. Get members thinking about what they could mold themselves so they will be better prepared for Section 5.

Section 6

Decorating A Practice Cake

This section is to allow members to put all of their skills together and create a fully decorated cake of their own design.

Each member is to have a clean work area and all of their supplies are to be in order. Members must have their sketch for reference. Each member is to do their own cake decorating and use their own imagination and ideas.

Members are to decorate on a 20 cm (8") round or square cake. Each cake must have a rose or sweet pea arrangement on it, and at least one new border from this manual. Be sure that with the flower arrangement leaves are included using the ones learned in this manual. Encourage members to use their own imaginations and creativity. Members are also free to use any decorating ideas from the first manual. This is their cake so let them create.

Note: Leaders should make sure that members understand exactly what is expected of them on Achievement Day.

Members are also responsible for including in their record sheets the total cost of making their practice cake.

Members are to include a brief write-up about the results of their decorated cake as compared to their sketch in their record sheets. Did it turn out like their sketch? Why or why not? What adjustments did they have to make with decorations and why? Members are also to include in their record sheets any notes on changes they are going to make from their sketched design for their cake on Achievement Day.

Lily Nail is essential for cupped, turned-up petals. You can make natural looking flowers with bell-like shapes. Place aluminum foil square in bottom half of nail. Press in top half to form a foil cup. Remove the top half. Lightly spray foil with vegetable oil spray to make it easier to remove from foil after icing has dried and reduce breakage. Pipe a flower on the foil cup and lift out flower and foil to dry. The most common size recommended in this manual is 4.1 cm (1 5/8") or #12.

Section 2

Cakes:

This section consists of new types of cakes not learned in the previous levels. They include tiered cakes, character pans and shaped cakes. **They are not acceptable Achievement Day Requirements** because they are too difficult to transport, i.e. tiered cake and shaped cake or they require very simple techniques to decorate, i.e. character pans. Character pans are also very costly to purchase and have limited use. It will be of benefit to themselves in future years to learn how to decorate these cakes. A tiered cake is also very time consuming and costly for members to attempt.

Leader's Note: With this section you may want to do a tiered cake with the members to let them work on one in groups. It is hoped they learn the basic techniques of doing one, however, due to the cost you can decide whether or not they actually do one.

1. Tiered Cakes

These cakes are mostly used for weddings and anniversaries, however, sometimes you do see them at birthdays. The average wedding cake consists of 3 tiers, however, some may have 4 or 5 layers.

The tiers are usually put together with a series of pegs, separator plates and connectors. The type you use will depend on what's available from cake decorating supply stores in your area. Some fit together much easier than others so be sure to use one you're comfortable with. Some cakes today have two layers set directly on top of each other without a separator plate between them. These require a little more time because the top layer has to be centered on the bottom.

The following points are things you will want to cover when learning how to be make a tiered cake:

- Planning the cake
 - how many tiers, how they will be separated, amount of batter needed for each layer.
- Baking the cake.
- Preparing the cake for decorating
- Decorating the cake
- Cake stands
- Tips on transporting
- How to cut the cake

2. Character Pans:

Character or shaped pans require very simple techniques to decorate. Many of them are covered using the same tips and therefore a minimum of techniques are learned. The pans are quite expensive and have limited use. They are also very trendy so that you may only use them once or twice.

3. Special Effects Cakes:

These cakes are created by using one or more conventional cakes cut to create an attractive cake. Most of these cakes will combine a square or round cake or use one style of cake to develop a different shape.

Here are some ideas you may want to consider when choosing your cake:

- Planning the design
- Preparing and baking the cakes
- How to cut out the shapes
- Tips on how to hold them together
- How to ice and decorate the cake

Here is an airplane cake to show you the idea. However, I'm sure you can find other ideas to suit the members.

Begin with a 23 cm (9"x5") cake (loaf pan shape) and 5 ice cream wafers. Cut 1 cm (1/2") slice from either end of cake. (a) Cut each slice into four as shown in diagram. (b) Make a "T" with the two larger pieces from first slice to form base for body of plane. The two rectangular pieces from second slice are engine cowlings. Use one triangular piece (a) for top center of plane. (c) shape main piece to form body of plane. (d) cut wafers to make two wing pieces, one center-tail piece, two side tail pieces.

To assemble and decorate cake place base on cake board. Cover top and sides of body and triangular piece. Position body on base and with icing, place rectangular piece on top of body towards rear as shown in (e). To add color you may wish to cover the top and sides of rectangular piece with cake sprinkles. Cover engine cowlings with icing and position, as shown. Press in wafers - wings, side and center tail in position. You may wish to add jelly beans for windows.

Section 4

Additional Decorations

This section will give you many ideas for additional decorations to use on your cake. They all use either buttercream or royal icing depending on what type of cake you are decorating. The members should practice many of these for some time so that they can be done perfectly and quickly.

Note: Leaders, you will likely want to spend a fair amount of time on this section. The members should practice until they feel comfortable using the techniques with this section. You should be prepared to demonstrate the techniques and give the members some suggestions where they would be used.

1. Basketweave is used mainly to decorate the sides of a cake, however, can be used to make a basket of flowers on top of a cake. Use tip #47.
2. Flowers: the second Achievement Day requirement is to make a flower tray using 5 different flowers. Here are 10 to choose from. You may have other flowers you would like to show the members.

Only the following can appear on the members cake or tray for Achievement Day, Exhibition or 4-H Show.

- A. Flowers using #7 rose Nail (Used in Level II)
 1. Chrysanthemum - tips 6, 79 or 80 or 81, and 1
 2. Carnation - tip 103
 3. Daffodil or Jonquil - tips 103 or 104, 4 or 2, and 1
 4. Apple blossom - tips 101 and 1
 5. Violet - tips 101 and 1
 6. Pansy - tips 104 and 1
- B. Flowers that don't require a Rose Nail:
 7. Daisy - tips 103 or 104, 101, 4
Tip 103 or 104 Tip 101
 8. Lily of the Valley - tip 1
- C. Flowers that require a Lily Nail (4.1 cm or 1 5/8")
 9. Easter Lily - tips 68 or 352 and 14
 10. Petunia - tips 104 and 6

- D. Mice - made from a sugar mold make a popular addition to a children's party. Make them in a variety of colors. E. Shells - can be used as a cake topping or the decoration for a special occasion. Mold two halves of the shell from a chocolate mold or a clean shell. Fill with dry flowers or candies. Pipe a line of icing along the back and stick the top half in position. You may have to support the lid open until the icing dries.
- F. A Heart Box - molded from a chocolate mold and decorated with royal icing can be used to hold party favors.
- G. A Snowman - made from a chocolate mold can add character during the winter season.
- H. After dinner mints- can be made from chocolate molds. You may wish to color them and add a few drops of peppermint oil for flavoring. Decorate them to suit the occasion with royal icing

Note: Members are each required to have a cake prepared for decorating before moving onto section 6. Also, each member is required to sketch a picture of the cake they are going to decorate. Be sure they have it with them to refer to when they are decorating the cake. This sketch is also to be included in the record sheets.

Section 5

Decorating a Practice Cake:

This section is designed to allow members to put all their cake decorating skills together and create a fully decorated cake, all of their own design.

Each member is to have a clean work area and all of their supplies are to be in order. They are also to have their sketch with them for reference while decorating. Be sure each member does his/her own cake decorating and uses their imagination and own ideas.

Members are to decorate on a 20 cm (8") round or square cake. **Note: It is not to be a tiered cake or character cake.** The cake must have only those tips used in this level, plus level I and II. Encourage members to use their imagination, Members are also free to use any decorating ideas from the previous levels.

Leaders should make sure that members understand exactly what is expected of them on Achievement Day.

Members are also responsible for including in their record sheets the total cost of making their practice cake.

RECIPE SECTION

Buttercream Recipe

125 mL	shortening	½ cup
125 mL	butter or margarine	½ cup
5 mL	vanilla	1 tsp.
1 L	sifted icing sugar	4 cups
25 mL	milk	2 tbsp.

Cream butter and shortening together. Add vanilla. Add sugar gradually, 250 mL (1 cup) at a time. Mix this together scraping both the sides and bottom of bowl. Add milk and beat until thoroughly mixed. Once all the sugar is combined, icing should be covered with a damp cloth until ready to use. Caution: Overbeating causes air bubbles and icing becomes too creamy. More milk could be added if icing is to be used to cover cake; however, it should be stiff for decorating purposes.

NOTE: The Buttercream Recipe is also a very serviceable icing and can be used for most of the decorations in this manual. Buttercream icing has a sweet buttery flavor with medium consistency. Buttercream icing is extremely versatile and is suitable for borders, writing, roses, drop flowers and icing cakes smoothly. This icing can be stored in the refrigerator for two weeks in an airtight container.

White Icing

This is an alternate recipe for which icing you may prefer to use for decorating...

1 kg	icing sugar	2 lb.
250 mL	shortening, softened*	1 cup
60-125 mL	water**	¼-½ cup
5-10 mL	flavoring*** (vanilla, almond, etc.)	1-2 tsp.

Method:

Cream icing sugar and shortening together. Add one half water and flavoring. Add more water until required consistency is reached.

* Crisco or a shortening which is pure white.

** More water for icing to smooth on cake, less water for flowers.

*** Depends on taste.

Recipe for Sugar Molds

500 mL	sugar	2 cups
25 mL	water	5 tsp.

Mix by hand, kneading 1 minute until sugar is moist and packs like wet sand. Keep mixture covered with damp cloth. Color tint may be added for color variation.

Once the mixture is ready, spoon sugar into molds. Press firmly into molds and remove excess sugar. Turn upside down on a hard surface and remove mold immediately. Allow molds to dry at least five hours or overnight.

Be sure to dab the base of the mold with frosting in order for it to hold firmly to the cake. Since sugar molds tend to absorb moisture from the frosting put them on the cake at the very last minute.

Marzipan (from almonds)

500 mL	ground almonds	2 cups
125 mL	superfine fruit sugar	1/2 cup
500 mL	icing sugar sieved	1 cup
5 mL	lemon juice	1 tsp.
	few drops flavouring	
1	egg (small or large)	1
	egg white	

In a bowl, stir ground almonds and sugars until evenly mixed. Make a well in centre and add lemon juice and flavoring. Add enough egg or egg white to make a soft ball from dough. Lightly sprinkle with sieved icing sugar and knead until smooth and free from cracks. Store in an airtight plastic bag until ready to use.

Marzipan Recipe

250 mL	almond paste*	1 cup
2	egg whites, beaten	2
750 mL	icing sugar	3 cups
2 mL	vanilla or rum flavor	1/2 tsp.

In a mixing bowl knead almond paste. Add egg whites, mix well. Continue kneading as you add sugar 250 mL (1 cup) at a time. Add flavoring. When marzipan feels like heavy pie dough, stop kneading.

When taken out to use, allow it to stand at room temperature until it is soft enough to work. If it continues to be stiff, soften with a drop or two of warmed corn syrup.

*** Almond paste can be purchased at supermarkets. It is most readily available during the Christmas Season. You can purchase it then, and freeze until use.**

Note: this will also need to be demonstrated to the members. Be sure to explain everything you are doing as you demonstrate. Also, show decorations with too much pressure and ones that are formed correctly. In using correct pressure control, decorations are very uniform.

Practice is extremely important. Members should be permitted to practice this technique.

Practicing with Tip #4:

Tip #4 is a very versatile tip. With its smooth circular opening, this tip can readily be used for writing, printing or making dots and balls.

When members use their imagination they will be very impressed with their work and accomplishments.

Practice Writing, Printing and Making Dots and Balls

The Decorating bag should be held at a 90o angle with tip slightly above the practice surface. Squeeze decorating bag keeping point in the icing until dot is desired size. Then stop pressure, pull away using tip to clean point away.

When writing or printing you must have an even pressure control.

Note: Members should be given the rest of the meeting to practice specifically with tip #4, keeping in mind what they have already learned about pressure control.

Members should practice on cookie sheets or foiled covered plates. When practicing, icing can be scraped off the practice surface and put into a bowl to be mixed gently. Once mixed it can be put back into decorating bag and used again. They can continue to remix and practice but do not eat the practice icing.

In order to obtain good pressure control with tip #4 you must practice. Continue to practice until you feel comfortable with the decorating bag and tip #4, and are achieving successful results.

Dots and balls should be round and uniform. Once each member can do a row of at least ten uniform dots and balls then they can move onto something new.

When practicing writing or printing let them practice by going through the alphabet. Then allow them to practice writing words. This allows them to practice joining the individual letters together. Writing and printing should flow evenly without any breaks.

Note: At end of meeting have each member save their icing in a covered container and refrigerate. This icing can be mixed slightly at the next meeting and used again.

Each member will require a muffin for practice purposes at the next meeting. It is up to each individual club to decide who is responsible for bringing the muffins.

Activities for Section 2

1. Members can be split into groups of three to make up a batch of buttercream icing. The icing can be split between the three for practice purposes.
2. With the icing made by the members have them fill their decorating bags.
3. Members are to practice on a cookie sheet or foil covered plate with tip #4. Allow them to continue practicing with this tip until they feel comfortable.

Note: Some members may need to continue practicing with tip #4 at the next meeting, before moving onto a new tip.

Section 3

In this section, the members will be introduced to two more tips and continue to practice with them. They will learn how to properly bake a cake and apply a crumb-coating and top coat. These are all important ingredients to the art of cake decorating.

Tip #16, #21

These tips are used to fill in surface areas on cakes, as well as to outline.

They are also used to produce a star or rosette pattern, depending on which you prefer and how you control your tip. The size of the pattern depends on the size of the tip's opening. Practice is essential to master the art of cake decorating. First practice the stars, then gradually move on to experimenting with rosettes.

Practice Makes Perfect

The objective of the Cake Decorating Manual is to eventually graduate from very basic decorating to fancy and delicate decorating. In order to do this, the basics must be accomplished first. Start with practicing the drop star. With the decorating bag in hand hold it at a 90° angle with the tip slightly above practice surface. Squeeze decorating bag in order to form a star, then stop pressure and pull away. Increase or decrease pressure to change star size. (Fig. 1)

Once you feel you have perfected the star, try the rosettes.

In doing a rosette, hold the decorating bag at a 90° angle straight up and down with the tip almost touching your working surface. As you start to squeeze out a star of icing move tube down around and up over the star forming a rosette then stop pressure and pull tube away. (Fig. 2)

The drop star consists of eight points around its circumference. Members should be able to do a row of at least ten stars all of uniform size. Once they feel comfortable and satisfied with the results move onto rosettes.

Rosettes are simply drop stars that are twisted thus giving them a fluffy appearance. Members should practice until they feel all the rosettes are uniform in size.