

## WILTON "ICING FUN" CAKE DECORATING WORKSHOP

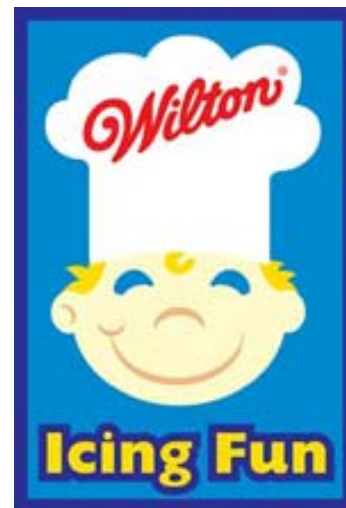
**Objective:** Teach basic cake decorating skills to groups of children.

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

**Time required for project:** 90 minutes or more\*

### 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.



### Wilton Items needed:

Wilton Instructions and Practice Sheets

Wilton Sampler Kit, item #2204-1978 – 1 kit per child

Buttercream Icing – 1 recipe (or 1 can of Wilton Decorator Icing) for every 2 children

Wilton Icing Colors (or other paste/gel color – no liquid) – each child will have 1 color of icing. They will share to create multi-color decorations.

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

Wax Paper, 8" x 10" sheet per child, or 1 one-gallon plastic storage bag per child

Spatulas, 1 per child

Containers for icing, 1 per child (can use bowls, whipped topping containers, etc.)

### Items to share:

Scissors

Paper towels

Cookies (flat, round sugar cookies are best) or Cupcakes, 3-6 per child

Container for bringing treats home

### **Project Outline – 2 hours**

- |   |             |
|---|-------------|
| 1. Introduction – show and explain                          | 5 minutes   |
| • Wilton Decorating Set                                     |             |
| • 3 Essentials of Cake Decorating                           |             |
| • Buttercream Icing   |             |
| • Demonstrate bag prep and coloring icing                   |             |
| 2. Preparing the Bag/Coloring the Icing                     | 15 minutes  |
| • Children prepare the bag in their kit                     |             |
| • Children select icing color and color their bowl of icing |             |
| 3. Demonstrate filling the bag                              | 5 minutes   |
| 4. Demonstrate decorating techniques with each tip          | 15 minutes  |
| 5. Children fill bags and practice on practice sheets       | 10 minutes* |
| 5. Decorate Treats  | 30 minutes* |
| 6. Clean-up and wrap-up                                     | 10 minutes  |

\* To make this program longer, allow more time for practicing techniques and decorating treats.

## STEP 1 – INTRODUCTION

### Explaining the Tools

The Wilton Sampler Kit includes 3 decorating tips, a decorating bag and a coupler.



Tip #3 Round	Tip #18* Star	Tip #67 Leaf/Ruffle	Quick-Change Coupler	Decorating Bag
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\* Tip 16 can be used in place of tip 18 if needed

### The 3 Essentials of Cake Decorating

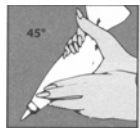
Every decoration you make is the result of three things working together:

1. **Icing Consistency:** If the consistency of your icing isn't just right, your decorations won't be right either. Stiff consistency icing holds a ¾" peak on the spatula and is used for flowers with upright petals. Medium consistency icing is used for borders. Thin consistency icing is used for writing and for frosting a cake.
2. **Correct Bag Position:** Bag positions are described in terms of both angle and clock position. Angle refers to the position of the bag relative to the work surface. The basic two bag positions are:

#### ANGLE

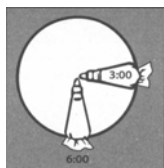


90° angle, or straight up, perpendicular to the surface. Used when making stars.



45° angle, or halfway between vertical and horizontal. Used for writing and borders.

#### CLOCK POSITION



The hours on the clock face correspond to the direction you should point the end of the bag.

With the tip in the center of the clock, the back of the bag will point to the hour.

3. **Pressure Control:** 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.

## **Buttercream Icing (Recipe yields 3 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.

### **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). Mix until all ingredients are well blended.

### **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.



### **Decorator 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.*

### **Adding Color to your Icing**

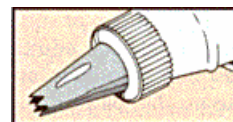
Add color to white icing for beautiful decorations. Wilton Icing Colors are gel based and will not add liquid to your icing, making it too thin for certain decorations.

To mix colors, begin with white icing and add color a little bit at a time until you achieve the shade you desire. Use a toothpick to add icing color—just dip it into the color, swirl it in the icing, and blend well with spatula. Always use fresh toothpicks when adding more color.

### **Preparing the Bag**

Decorating bags hold the icing and decorating tip so you can create all kinds of decorations. Using a Quick-Change Coupler allows you to use multiple decorating tips with the same decorating bag. Prepare your bag as follows:

1. Unscrew coupler ring from base.
2. Push coupler base as far down into decorating bag as it will go. With a pen or pencil, mark the spot on the outside of the bag where the bottom thread is outlined. Take coupler base out of bag and cut across mark.
3. Push coupler base back down into bag opening. Position tip over top of coupler and screw coupler ring in place to secure. To change tips, unscrew ring, replace tip, and re-screw ring.



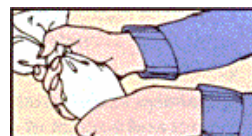
## **STEP 2 – CHILDREN PREPARE THEIR BAGS AND COLOR THEIR ICING**

### **STEP 3 – DEMONSTRATE FILLING THE BAG**

#### **Filling the Bag**

Fold bag halfway down making a cuff, and hold it like an ice cream cone underneath the cuff. Using a spatula, take a small amount of icing and insert it down the middle of the bag. Using the hand holding the bag, pinch the spatula before pulling it out so that the icing will stay in the bag and the spatula comes out clean. Repeat until bag is 1/3 full or until there is enough icing to fit in the palm of your hand.

Once icing is in the bag, pinch the top between your thumb and forefinger, pushing icing down as you squeeze. Twist bag to keep closed. You are ready to decorate.



### **STEP 4 – DEMONSTRATE DECORATING TECHNIQUES**

(NOTE: directions in parentheses are for left-handed decorators)

LEADER NOTE: The outline suggests demonstrating all of the techniques at once, then having the children practice them all. If time permits, you can choose to show one technique at a time and let the children practice between each demonstration. You will need an extra 15 – 20 minutes for this.

#### **Round Tip Decorating**

##### **Printing**

- Practice Sheet
  - Tip #3
  - Thin Consistency Icing
  - 45° angle at 6:00 for vertical and curving lines, 3:00 (9:00) for horizontal lines
1. With tip lightly touching the surface, start to squeeze bag with a steady, even pressure.
  2. Lift the tip off of the surface to allow icing string to drop.
  3. Stop pressure and touch tip to surface to attach.
  4. Pull away.

##### **Writing**

- Practice Sheet
- Tip #3
- Thin Consistency Icing
- 45° angle at 3:00
- Tip lightly touching surface

Squeeze steadily and move the tip along the surface in a smooth continuous motion. Move your entire arm without flexing your wrist as you write.

#### **Star Tip Decorating**

##### **The Star**

- Practice Sheet
- Medium Consistency Icing
- Star Tip #18 (or 16)
- angle (straight up)
- Tip: 1/8 in. above surface

Squeeze the bag to form star. Stop pressure and pull tip straight up and away.

## **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 and cover the entire area without any gaps.

## **Curving Line**

- 45° angle at 3:00 (9:00)
- Tip: lightly touching surface

Using a wavelike motion, draw tip steadily along surface, and at the same time squeeze it evenly. Stop squeezing; lift tip away.

## **Tight Zigzag**

Steadily squeeze and draw the tip along the surface in an up and down motion. Using the same 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.

## **Leaf Tip Decorating**

### **Flat Ruffle**

- Practice Sheet
- Tip #67 (use a spatula or knife to make sure prongs on tip are open)
- Medium Consistency Icing
- 45° angle at 3:00 (9:00)

Wide opening of tip is horizontal and lightly touching the surface.

Steadily squeeze and draw the tip along the surface in a back and forth motion.

### **Stand-up Ruffle**

- 45° angle at 3:00
- Wide opening of tip is vertical and lightly touching the surface.

Steadily squeeze and draw the tip along the surface in a back and forth motion. Stop motion and release pressure to end the ruffle.

## **STEP 5 – CHILDREN FILL BAGS AND PRACTICE**

- Place wax paper or plastic storage bag over the practice sheet. Remove icing with spatula and repeat. Place used icing in bowl so it can be re-used.

## **STEP 6 – 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.

## **STEP 7 – CLEAN-UP AND WRAP-UP**