



**COLORADO STATE UNIVERSITY  
EXTENSION**

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Member's Manual for  
**Intermediates & Seniors**



# **4-H Flower Power Cake Decorating Units 7 – 9**

## **ACKNOWLEDGEMENTS:**

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Helen Sembra, Professional Wilton Instructor

Kathy Hettinger, Colorado State Fair 4-H Cake Decorating Exhibit Superintendent

Pat Candelaria, Douglas County 4-H Leader

Connie Harris, Bent County 4-H Leader

Stephanie Morrison, Larimer County 4-H Leader

Julia Hurdelbrink, Adams County 4-H Agent

Gisele Jefferson, Golden Plains Area 4-H and Family & Consumer Science Agent

Karen Johnson, Class Content Manager, Wilton Brands

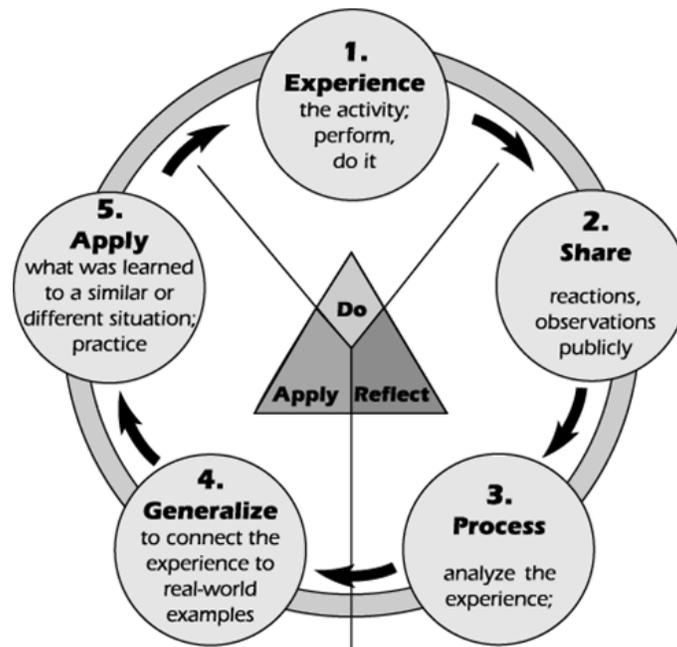
Jennifer Adams, Park County 4-H Agent

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The 4-H program encourages a process that allows youth to first learn by doing before being told or shown how, and then to examine the experience. The experiential learning model developed by Pfeiffer and Jones (1985), modified by 4-H, includes five specific steps:



The Experiential Learning Process guides youth through a process of discovery with little guidance from others. A situation, project or activity is presented that allows for individual thought and problem solving. Outside assistance is provided only at a minimum and supports learning by questioning at each stage. Youth in activities reflect on what they did, how they learned and what could be applied to a life situation.

- 1) Experience Questions: How is it working? What else might you try? What might make it easier?
- 2) Share Questions: What happened? How did you feel? What was the most difficult part?
- 3) Process Questions: What problems seemed to reoccur? What similar experiences have you had?
- 4) Generalize Questions: What did you learn about yourself? What did you learn about the activity? How does this relate to something else in life? How did you decide what to do?
- 5) Apply Questions: Where else can this skill be used? How will you use this in the future? What will you do differently after this experience?

# Table of Contents

<b>Flower Power Cake Decorating Manual Units 7 – 9 (Overview)</b> .....	6
<b>Flower Power Cake Decorating Unit 7 (Flower – Flat Surface Nail)</b> .....	7
Goals for Unit 7.....	7
Exhibit for Unit 7.....	7
Decorated Cake .....	8
Record Book.....	9
Suggested Things to Do.....	9
Tips for Leaves and Flowers.....	10
Leaves.....	10
Suggested Things to Do.....	10
Flowers.....	10
Suggested Things to Do.....	11
Snow White Buttercream Recipe.....	12
Icing Bows.....	12
Suggested Things to Do.....	13
Floral Sprays.....	13
Suggested Things to Do.....	14
Borders and Side Trims.....	14
Examples.....	15
Drop String.....	15
Fleur-de-lis with String.....	16
Suggested Things to Do.....	16
<b>Flower Power Cake Decorating Unit 8 (Fondant)</b> .....	17
Goals for Unit 8.....	17
Exhibit for Unit 8.....	17
Decorated Cake.....	17
Record Book.....	17

Suggested Things to Do.....	18
Fondant & Gum Paste Basics.....	18
Fondant.....	18
Gum Paste.....	18
Tips for Working with Fondant and Gum Paste.....	18
Adding Color or Flavor to Fondant.....	19
Color Tips.....	19
Fondant Recipes.....	20
Rolled Fondant Recipe.....	21
Marshmallow Fondant.....	22
Preparing the Cake .....	23
Covering Round Cakes .....	24
Covering Square Cakes.....	25
Decorating the Cake.....	26
Decorating with Fondant.....	27
Painting Fondant.....	27
Brush Embroidery.....	28
Sponge Painting Fondant.....	28
Stenciling.....	29
Frozen Buttercream Transfer.....	29
Fondant Decorations.....	30
Fondant Overlay.....	30
Fondant Fill-in Inlay.....	31
Fondant Rolled Inlay.....	32
Applying Fondant to Fondant.....	33
References .....	34

<b>Flower Power Cake Decorating Unit 9 (Lily Flower Nail)</b> .....	35
Goals for Unit 9.....	35
Exhibit for Unit 9.....	35
Decorated Cakes.....	35
Record Book .....	38
String Work.....	38
Suggested Things to Do.....	39
Flowers Made on a Lily Nail.....	39
Suggested Things to Do.....	40
Flower Arrangements.....	41
References.....	43

# FLOWER POWER CAKE DECORATING MANUAL UNITS 7–9

## Overview: Learning Experiences Emphasized

(Refer to manuals and state fair requirements for exhibit requirements)

### UNIT

**\*7----**One two-layer, 8-, 9-, or 10-inch cake or cake form using a minimum of one flat surface flower, one flower made on a flat flower nail, one border and one side trim learned in this unit. No fondant.

**\*8----**One decorated two-layer cake or cake form 8-, 9-, or 10-inches round or square covered in fondant and decorated using skills learned from Units 3-7 and fondant and gum paste decorations. Border is required.

**\* 9----**One decorated two-layer 8-, 9- or 10-inch cake or cake form using an example of string work and a flower made on a lily flower nail. Border is required.

**\* Units in this project manual**

**Note:** Units 4 and up do not have to be taken in order as numbered.

## **Flower Power Cake Decorating Unit 7 (Flowers—Flat Surface or Nail)**

Welcome to Unit 7 4-H cake decorating! This unit will emphasize flowers and floral sprays. You may want to take this unit more than one year.

Because there are great cake decorating books available, this manual will give you structure and suggestions for your project. It will not give instructions for decorating.

You may want to get a simple instruction book as a reference. Check with your leader, local library, online, or cake decorating shops for suggestions.

### **Goals for Unit 7**

1. Frost and decorate two-layer cakes.
2. Make different kinds of leaves, borders, drop or flat surface flowers and flowers made on a flat nail.
3. Develop skill in using a variety of decorating tips.
4. Decorate a minimum of three cakes plus your exhibit cake (total of 4). (You may use either forms or cakes in this project, but at least two must be real cakes.)
5. Use a minimum of one flat surface flower, one flower made on a flat flower nail, one border and one side trim in decorating a cake. This will demonstrate the skills you have developed.
6. Practice making different leaves, drop or flat surface flowers, flowers made on a flat flower nail, borders and side trims.

### **Exhibit for Unit 7**

1. One two-layer, 8-, 9- or 10-inch cake or cake form using a minimum of one flat surface flower, one flower made on a flat flower nail, one border and one side trim learned in this unit. Texturing is optional. No fondant allowed for icing or decorations.
2. Your completed Cake Decorating e-record in a sturdy binder/notebook should accompany the cake. Records are important, too. Keep a record of each cake you do. Either take a picture or make a simple drawing. Then write a short explanation of what you did and what you learned with each cake you decorated.

## Decorated Cake

1. Cake or artificial cake form may be used.
2. The cake should be placed on firm disposable cardboard which will not sag with the weight of the cake and is the correct size for the cake. If a cake form is used, the board should be appropriate for a real cake of the same size.
3. The cake board must be covered with a food safe material –examples are aluminum foil, *Wilton --Fanci-Foil wrap*, or freezer paper. If you use a decorative or gift wrap paper or fabric, it must be covered in food quality plastic wrap.
4. The design should be suitable for the size and shape of the cake. It should show good use of color and a pleasing combination of decorations.
5. **A minimum of one decoration from each of the following categories must be on the exhibit cake.**

For your reference, please refer to the 4-H Cake Decorating Online Resources from Wilton on making some of these flowers.

### Categories:

#### **A. Flower Made on a Flat Surface**

Such as:

Baby's breath

Bleeding heart

Half carnation

Hyacinth

Drop flowers (made ahead and dried and placed on cake)

Lily of the valley

Rosebud

Sweet pea

Wild flower



Figure 1: Picture taken from Wilton website: [www.wilton.com](http://www.wilton.com)

#### **B. Flower Made on a Flat Flower Nail**

Such as:

American Beauty Rose

Apple blossom

Aster

Narcissus

Pansy

Poppy

Dogwood

Forget-me-not

Jonquil

Briar rose

Chrysanthemum

Daffodil



Figure 2: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

Rose  
Sweet William  
Violet

Dahlia  
Daisy  
Wild Flower

**C. Borders and Side Trims (do both)**

Such as:

Shell  
Reverse shell  
Shell and flute  
Ribbon  
Fluted ribbon  
Ribbon drape  
Ribbon swag  
Puff  
Puff and flower  
Rope  
Dot and heart  
Plume

“E” motion border  
Garland  
Zig-zag garland  
Garland and ruffle  
Rosette and star  
Rosebud  
Leaf ruffle  
Leaf and drop flower  
Flower and vine  
Scroll and Drop flower  
Reverse scroll  
Drop String from Unit 3



Figure 3: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

6. Use only edible materials except stamens for the flowers. (Stamens may be purchased or handmade.)

**Record Book**

1. Cake Decorating e-Records should be neat and complete. Instructions should be followed.
2. Cake Decorating e-Records should show that a minimum of three cakes plus the fair exhibit have been made (total of 4). At least two of the cakes must be real cakes.
3. Cake Decorating e-Record books will count 25 percent of the placing score.

**Suggested Things to Do**

1. Look at books to get ideas on cake decorating.
2. Visit a bakery to observe decorated cakes and, if possible, a decorator at work.
3. Research online tutorials.
4. Obtain instructions on how to use various tips for leaves, flat surface flowers, and flowers made on a flat flower nail, borders and side trims.

5. Experiment with different methods of coloring and how to use them when using decorator tips.

## Tips for Leaves and Flowers

### Leaves

Learn to make and practice the various types of leaves. (Names may vary, depending on the instruction book or tutorial you are using. Please refer to the 4-H Cake Decorating Online Resources from Wilton for additional help.)

Basic leaf

Stand up leaf

Ruffled leaf



### Suggested Things to Do

1. Try different size leaf tips such as #65, 67, 70, 349 and 352 to see how they differ.
2. Experiment with making leaves ahead, freezing them and using them on a cake.
3. Try making leaves directly on the cake.
4. Look in cake decorating books and online tutorials for new ways to use leaf tips, such as in borders or side decorations.
5. Select leaves appropriate to the type of flower you are using and in proportion to the flower size.

### Flowers

Flowers are easily made and added to the total decoration on the cake.

- Learn how to make and practice some of the following drop or flat surface flowers (flowers not made on a nail). (Names may vary depending on the instruction book or online tutorial you are using.)

#### Flowers Made on a Flat Surface

Baby's breath

Lily of the valley

Bleeding heart

Rosebud

Half carnation

Sweet pea

Half rose

Wild flower



Figure 4: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

Hyacinth Drop flower (made ahead of time, dried or frozen and placed on cake)

- Learn how to make some of the flowers made on a flat flower nail. (Directions may vary depending on the instruction book or online tutorial you are using.)

### Flowers Made on a Flat Flower Nail

American Beauty rose	Dogwood
Apple blossom	Forget-me-not
Aster	Jonquil
Briar rose	Pansy
Brown-eyed Susan	Poppy
Chrysanthemum	Primrose
Daffodil	Sweet William
Dahlia	Violet
Daisy	Wild Flower



Figure 5: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

### Suggested Things to Do

1. Research instructions for making flowers on a flat surface and practice making them. Use the flowers in decorating a cake.
2. Research instructions for making flowers using a flat flower nail. Practice making them.
3. Develop some of your own combinations of flowers and leaves.
4. Experiment with different size tips to make large, medium or small flowers. Try combining different sized flowers on your frosted cakes.
5. Try different color combinations and coloring techniques to fit into the pattern (size, shape, design of decorations) of your cake. Colors should be close to those in nature.
6. Try combining different flowers learned in this unit on one cake.
7. Practice, practice, practice. The art of making good flowers comes from lots of practice. You may want to buy a practice board or use waxed paper and then return the flowers to the bowl for reuse after you practice. Save only the good flowers for decorating your cake.
8. Use a meringue powder buttercream or royal icing to make flowers ahead of time. Compare these flowers with those made with a plain butter cream icing. What are the differences when the flowers have dried? Which effect do you like best?

The following recipes are suggested.

Snow white buttercream icing has an ideal consistency for frosting cakes to exhibit at shows and fairs.

### **Snow White Buttercream Recipe**

2/3 cup water

4 tablespoons meringue powder

12 cups sifted confectioners' sugar (approximately 3 pounds)

1-1/4 cup white \*Crisco or Sweetex

3/4 teaspoon salt

1/2 teaspoon almond flavoring

1/2 teaspoon clear vanilla flavoring

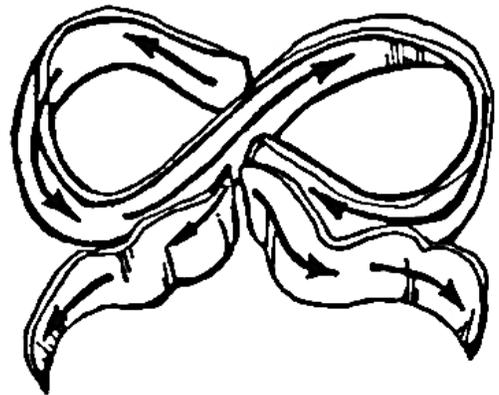
1/4 teaspoon butter flavoring

Combine the water and meringue powder. Whip at high speed until peaks form. Add 4 cups of sugar, 1 cup at a time, beating at low speed after each addition. Add the shortening and the remainder of the sugar alternately. Add the salt and flavorings. Beat at low speed until smooth. **Note:** Experiment with each of these recipes until you decide which recipe works best for you.

\*\*Crisco is the brand recommended by professional cake decorators. Also Sweetex can be used for shortening in buttercream recipes.

### **ICING BOWS**

Learn to make icing bows and practice making them. Follow the diagram and the direction of the arrows.



## Suggested Things to Do

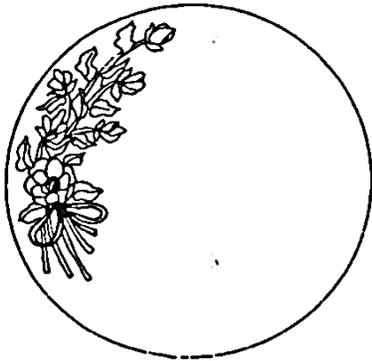
1. Research directions and practice making icing bows (medium to stiff icing).
  - Use a petal decorating tip and a figure 8 motion to create the loops and streamers
  - To change the look of a piped bow, use a round or star decorating tip.
2. Use icing bows as part of your cake decorations, for example:
  - Scattered bows
  - Bow as part of a floral bouquet
  - Bow on a package as part of the design
  - Bows on borders or side decorations
3. Try different icing recipes and determine which is best for the effect you wish. Stiffer icing is required for a bow to hold shape.



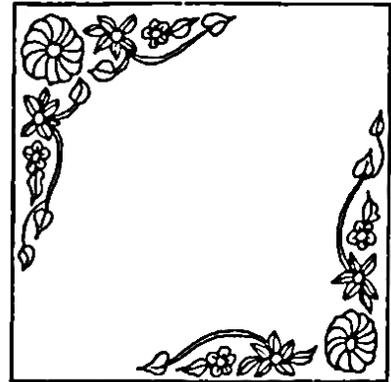
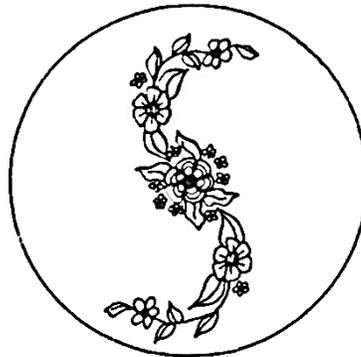
Figure 6: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## Floral Sprays

Floral sprays can be almost any shape which fits the size and shape of the cake. S or C curves are used often in making floral sprays.



Design at least one floral spray.



## **Suggested Things to Do**

1. Look in cake decorating books and at online tutorials for ideas and suggestions for making floral sprays.
2. Experiment with various floral spray designs.
3. Wedding or other decorated cakes often use roses. Try using other types of flowers in sprays on one of your decorated cakes.



Figure 7: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## **Borders and Side Trims**

Borders and side trims are basic decorations for most cakes. The continuous line around the top, bottom or side of the cake gives the cake a more uniform and neat appearance.



Figure 8: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)



Figure 9: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

Learn how to make and practice some of the borders and side trims listed on the following page. (Names may vary depending on the instruction book and online tutorials you are using.)

## **Borders and Side Trims (do both)**

Shell	“E” motion border
Reverse shell	Garland
Shell and flute	Zig-zag garland
Ribbon	Garland and ruffle
Fluted Ribbon	Rosette and star
Ribbon drape	Rosebud
Puff	Leaf ruffle
Puff and flower	Leaf and drop flower
Ruffle	Flower and vine
Rope	Scroll and drop flower
Fleur-de-Lis	Reverse scroll
Dot and heart	Drop String
Plume	



Figure 10: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## **Examples**

### **Drop String**

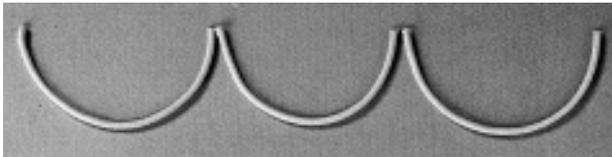


Figure 11: Taken from the Wyoming Cake Decorating Manual

Use round tip 2 or 3. Larger tips make the decoration too bulky. Use buttercream icing thinned with a few drops of white corn syrup. Royal icing is also good for string work. The drop string technique is the basis for all other drop string work variations. Mark 1½-inch intervals on the practice surface with a pencil. Hold the bag at a 90° angle to a vertical surface (the side of a cake pan, a cake board in a stand, etc.) so that the bag's large end points just slightly to the right. Touch the tip to the surface and squeeze, holding the bag in place momentarily so that the icing sticks. Pull the tip straight away from the surface allowing the icing to drop into an arc. Relax the pressure and touch the tip to the next mark to end the string. The secret of making drop strings is to let each string drop by itself and not to drop your hand to form the curvature.

## Fleur-de-lis with String

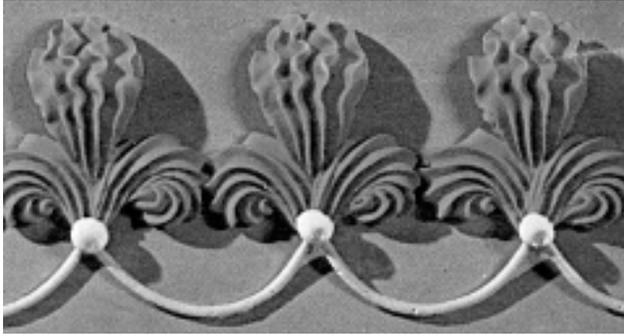


Figure 12: Taken from the Wyoming Cake Decorating Manual

Begin by making a row of open star tip 18 Fleur-de-lis, jiggling your hand as the center shells puff to ripple them. Add a string drape in a contrasting color from base-to-base point of each Fleur-de-lis. Add a tiny round tip 2 bead of icing to each base point to cover the string ends.

### Suggested Things To Do

1. Read about borders and side trims and determine the places where you might use them on your cake. How do borders fit into the total design of your cake?
2. Go to a bakery and observe the types of borders being used and how and where they are located on the cakes. Try some of these on your own cakes.
3. Research online for tutorials.
4. Experiment with different star, leaf, and drop flower tips when creating a border.



Figure 13: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)



Figure 14: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## Flower Power Cake Decorating Unit 8 — Fondant

### Goals for Unit 8

1. Decorate a cake using fondant.
2. Use skills learned in Units 3-7 to decorate the cake.
3. Learn to use fondant as a cake covering, decoration or modeling.
4. Bake and decorate a minimum of three cakes plus your exhibit cake (total of 4). At least two of the cakes should be real cakes.



Figure 15: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

### Exhibit for Unit 8

1. One decorated two layered cake or cake form 8-, 9- or 10-inches round or square covered in fondant and decorated using skills learned from Units 3-7 and fondant and gum paste decorations. At least 3 of the 4 cakes must be totally covered with fondant.
2. Your completed Cake Decorating e-Record in a sturdy binder/notebook should accompany the cake. Records are important, too. Keep a record of each cake you do. Either take a picture or make a simple drawing. Then write a short explanation of what you did and what you learned with each cake you decorated.

### Decorated Cake

1. Cake or artificial cake form may be used.
2. The cake should be placed on firm disposable cardboard which will not sag with the weight of the cake and the correct size for the cake. If a cake form is used, the board should be appropriate for a real cake of the same size.
3. The cake board must be covered with a food safe material – examples are aluminum foil, *Wilton --Fanci-Foil wrap*, or freezer paper. If you use a decorative or gift wrap paper or fabric, it must be covered in food quality plastic wrap.
4. The design should be suitable for the size and shape of the cake. It should show good use of color and a pleasing combination of decorations.

### Record Book

1. Cake Decorating e-Records should be neat and complete. Instructions should be followed.
2. Cake Decorating e-Records should show that a minimum of three cakes plus the fair exhibit have been made (total of 4). At least two of the cakes should be real cakes and 3 of the 4 cakes totally covered with fondant.
3. Cake Decorating e-Record books will count 25 percent of the placing score.

## **Suggested Things to Do**

1. Research fondant recipes and experiment with them in covering cakes and creating designs.
2. Research gum paste recipes in creating flower decorations.
3. Practice, practice, practice. Save only the good flowers for decorating your cake.
4. Experiment with coloring, cutting and shaping fondant and gum paste for designs.



Figure 16: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## **Fondant & Gum Paste Basics**

### **Fondant**

- Used to cover cakes, make cutouts, appliques and more.
- Will not dry as hard as gum paste. Stays soft when applied over buttercream.
- Ready to use fondant is available in many colors.

### **Gum Paste**

- Used for flowers and decorations that need to be rolled very thinly and dry quickly and completely.
- Easier to create ruffled edges than fondant.
- Easy to color using pre-colored fondant or gel icing colors.

## **Tips for working with Fondant and Gum Paste**

- Both fondant and gum paste pick up dirt and lint easily. Work with clean hands and work surfaces.
- Both need to be kneaded until soft and pliable before rolling out. For small amounts, knead by pulling, twisting, and folding. For larger amounts, knead like you would bread dough.
- If fondant or gum paste is too soft, knead a little confectioners' sugar into it. If it is too sticky, dust lightly with a 50/50 mix of cornstarch and confectioners' sugar.
- Because both can dry out quickly, keep any unused portions covered in plastic wrap and stored in a plastic bag.
- To store leftover fondant or gum paste, roll into a log, coat with a thin film of shortening and wrap tightly in plastic wrap. Keep in an airtight container or plastic bag.

## Add Color or Flavor to Fondant

Tint a small ball or enough fondant to cover a whole cake. As with any icing, tint enough at one time to complete your cake because matching colors later may be difficult. Add just a few drops of the concentrated icing color at a time, until you have the exact shade you want. You can always use the pre-tinted fondant colors which come in many different colors. These are especially helpful when you want very bright colors or very dark colors. You can create different shades of colors by combining colored and white fondant.

### Steps



Step 1: add dots of color

Roll fondant into a ball, kneading until it's soft and pliable. Using a toothpick, add dots of icing color or drops of flavor in several spots.



Step 2: knead color

Knead color or flavor into your fondant ball. Use food-safe gloves when coloring fondant to keep your hands stain-free.



Step 3: knead until blended

Continue kneading until color is evenly blended; add a little more color or flavor if needed.

Figure 17: Pictures taken from  
Wilton website:  
[www.wilton.com](http://www.wilton.com)

### Color Tips

**Deep Colors:** When making deep colors such as black, brown, or red, use paste food colors in larger amounts than normal. It can take as much as 1 oz. paste food color per one cup to obtain deep colors. Deep colors are recommended for accent colors only.

**Fading colors:** Sunlight or fluorescent light will cause some colors to fade. After the cake is decorated, it is best to keep it in a cool room and out of direct light.

Stain removal: All deep colors in nature stain, like blueberries, but none of them are harmful. Paste colors can stain teeth and skin but simply washing skin with soap and warm water will remove color. Bleach can be used on counter tops. Lukewarm water should be used first to **spot** clean stained color. Rinse thoroughly and allow to dry. If color is still visible use a commercial cleaner on garments, carpet, upholstery, etc. In the case of a color that has Red 3 as an ingredient, use an acid such as vinegar or lemon juice to soak the stain first. Proceed with lukewarm water and then allow to dry before using a commercial cleaner.

## Fondant Recipes

### Purchased Premade Fondant

Remove Fondant from container and knead it to make it pliable.

Too stiff or solid? Put in microwave and flatten into an even disc so that it heats evenly, not more than 1 inch thick for 2-3 seconds and knead.

If more than an inch thick, divide into separate pieces so that it can be heated evenly.



Figure 18: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

### **Rolled Fondant Recipe (Helen Sembra)**

1/4 cup water

1 Tbsp. gelatin

6 Tbsp. to 1/2 cup liquid glucose, heated to 90°F

2 Tbsp. Crisco

1-1/2 Tbsp. glycerin

1-1/2 - 2 pounds sifted pure cane powdered sugar

2 to 3 drops of clear flavoring, as desired

Food coloring, if desired (mix this in the 1/4 cup water before putting gelatin in to dissolve; for more than one batch mix the color in sufficient water for as many batches as needed and use this water for dissolving the gelatin. All batches will be of same color and match.)

Place half the powdered sugar in a bowl and make a well in the center. In a 2 cup glass measuring cup place the 1/4 cup water, sprinkle the gelatin over the water and allow to soften. Dissolve the gelatin completely, warming slightly by placing cup in a boiling water bath but take caution not to overheat or boil the gelatin mixture. Remove from heat and add the glycerin, Crisco and glucose. Stir thoroughly to combine and pour into the well in the powdered sugar. Mix in by stirring always in the center picking up powdered sugar from the outer ring as you stir. Add more powdered sugar as needed until the mixture becomes too difficult to stir by hand. Turn out onto a table top dusted with powdered sugar. Knead lightly (if you make it too stiff, add a very small amount of boiling water, drop by drop until desired consistency.)

Brush cake or cake form lightly with egg white or piping gel. (Strained pure preserves which have been brought to a rolling boil, stirring constantly, and then cooled may also be used to glaze cake.) Roll out the fondant on a board covered generously with a mixture of half corn starch and half powdered sugar or use a large oiled plastic sheet. Roll approximately 1/4 inch thick and large enough in diameter to encompass the cake being covered. Pick up fondant over the rolling pin and place over the cake, smoothing with the hands or with fondant smoothers. Trim off excess fondant with a sharp knife. It is essential to work fast as fondant dries rapidly with a skin which will cause wrinkles.

As soon as possible after the completion of covering the cake with fondant do the desired crimping and ribbon insertion. If not done soon after placing fondant on cake there will be cracking, etc. Allow fondant to remain on cake at least 24-hours before decorating with ruffles and/or royal icing embellishments so all settling of the cake will have taken place.

This recipe will cover a 9- or 10- inch 2 layer cake. Leftover fondant may be kept in an airtight container in the refrigerator for several weeks.



Figure 19: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

**NOTE:**

*Fondant allowed to rest overnight after making can be applied to cake more free of air bubbles, air pockets, etc. Have a hat pin handy to release any bubbles which may occur while rolling out the fondant and also to release any air pockets which appear after applying to the cake.*

**Marshmallow Fondant**

Ingredients

16 oz. mini-marshmallows

2 lb. powdered sugar

1 Tbsp. water

1 tsp. corn syrup (optional)

1 tsp. flavoring of your choice (optional)

1 tsp. Crisco (use as needed in making Fondant)

Step 1: Melt Marshmallows

Empty your bag of marshmallows into a large, microwave-safe bowl, and add water. Microwave until the marshmallows are puffed up and soft looking (about 2 minutes in microwave).

Step 2: Grease a wooden spoon

This is really important—while your marshmallows are in the microwave, use a paper towel and some shortening to thoroughly lubricate a wooden spoon. Making marshmallow fondant is a sticky business, and this is one way to make it a little easier on you.

### Step 3: Start to stir and add optional ingredients

Add your corn syrup and flavoring, if you are using them. The corn syrup seems to help with flexibility of the fondant after it reaches room temperature, and the flavoring is for added flavor and to help cut the sweetness. The mixture should be kind of soupy as you stir it, and most of the marshmallows should be dissolved. Add if needed 1 tsp. Crisco or more to make it more flexible and prevent cracking.

### Step 4: Adding powdered sugar

Gradually, begin to stir in the powdered sugar.

Continue stirring and adding powdered sugar until you have used about 2/3 of the bag. Stop when it becomes difficult to continue to stir with the spoon.

### Step 5: Turn out onto greased surface and knead.

Turn out onto a greased surface. KEEPING IN MIND THAT IT IS HOT, begin CAREFULLY kneading with your hands, and gradually add in the rest of your bag of powdered sugar. You may not need to use the entire bag! You'll want to stop kneading when the fondant stops absorbing the powdered sugar and it actually feels like warm fondant (this is where previous experience with fondant comes in handy). You may want to keep your shortening nearby so you can grease your hands as necessary.

When you've reached this point, it's time to grease the outside so that it won't dry out, and then put it in a gallon-sized Ziploc bag to rest. It should rest for several hours, preferably overnight. Right now it is too warm and soft to use.

Roll out as you would for any other kind of fondant, and cover cake as usual.

## **Preparing the Cake**

To have the perfect smooth fondant surface, the cake needs to be level. Any bumps or gaps in the cake will show up in the fondant.

### Level and Fill Cakes

Instructions: see Units 1-3 or Character Cakes – Unit 4 for instructions on leveling.

## Covering Round Cakes



1. Place the cake on a cake board that is the same size as the cake. Before covering with fondant, cakes must be lightly iced or sealed with a very thin coat of piping gel to seal in moisture and to help fondant stick to the cake. Cake needs to be thawed before icing. Put the cake on an overturned cake pan the same size or smaller as the cake to allow the fondant to drape over the cake. Example: 8-inch cake put on an overturned 8-inch cake pan.



2. Before rolling out fondant, knead it until it is a workable consistency. If fondant is sticky, knead in a little confectioners' sugar. Lightly dust the smooth work surface or a mat and rolling pin with confectioners' sugar to prevent sticking. Roll out fondant, no less than a 1/8-inch thick, sized to your cake.

Fondant should be rolled out to a diameter equal to the diameter of your cake plus two times the height. Example, if you have an 8-inch round cake that is 4-inches high, you would need a 16-inch circle of fondant.

To keep fondant from sticking, lift and move as you roll. Add more confectioners' sugar to the surface if needed.



3. Gently lift fondant over rolling pin and position on cake. Smooth top of fondant with a fondant smoother or hand.



4. Shape fondant to sides of cake from top to bottom with hand or fondant smoother. Using your hands may leave impressions on the fondant. As you smooth from top to bottom, work your way around and down the cake. Don't just do one side at a time as that will cause a pleat. Use the straight edge of the smoother to mark fondant at the base of cake. Trim off excess fondant using a spatula or sharp knife.



5. If an air bubble appears, insert a pin from the base up, release air and smooth the area again.

6. Place cake on appropriately sized cake board for display.

7. Cake is now ready to decorate.

Figure 20: Picture taken from Wilton website: [www.wilton.com](http://www.wilton.com)

## Covering Square Cake



1. Place the cake on a cake board that is the same size as the cake. Before covering with fondant, cake must be lightly iced or sealed with a very thin coat of piping gel to seal in moisture and to help fondant stick to the cake. The cake needs to be thawed before icing. Put the cake on an overturned cake pan the same size or smaller as the cake to allow the fondant to drape over the cake. Example, 8-inch cake put on an overturned 8-inch cake pan.

Gently lift fondant over rolling pin and position on cake. Smooth top of fondant with a fondant smoother or hand.

Position fondant on cake, smoothing the top with the smoother. Pull the corner flaps gently out and away from the cake; smooth the corners with hand to eliminate the creases. Smooth sides with smoother.



2. Trim off excess fondant at bottom with a spatula or sharp knife.



3. If an air bubble appears, insert a pin from the base up, release air and smooth the area again.

Figure 21: Picture taken from Wilton website: [www.wilton.com](http://www.wilton.com)

## Decorating the Cake

### Gum Paste

1. Research how to use gum paste and fondant to decorate the cake.
2. Experiment with ready to use gum paste or use this recipe.

### Gum Paste Recipe

1 tablespoon Gum-Tex or tragacanth gum

1-1/4 tablespoon Glucose

3 tablespoon Warm water

1 tablespoon Lemon juice

1 lb. Confectioners' sugar (more or less)

1. Mix warm water and glucose until glucose is absorbed.
2. Add the gum tragacanth and lemon juice and mix thoroughly.
3. Add small amounts of confectioner's sugar until you can work the mixture with your hands. Continue adding small amounts of confectioner's sugar as you knead the mixture on a table top. As soon as the mixture is pliable and can be shaped without sticking to your fingers, you have added enough sugar (a pound, more or less) and the gum paste is of correct working consistency.
4. If you are not going to use the gum paste mixture immediately, place it in a plastic bag and then in a covered container to prevent drying. When stored properly, your gum paste will keep for several months. Gum paste handles best when it is several days old.



## Decorating with Fondant

### Painting Fondant



1. Tint a small amount of clear extract with icing color. Using a food safe decorator brush, paint stems using a continuous flowing motion. To prevent the colors from running, do not let the brush get too wet.



2. Paint leaves using heavy to light pressure.

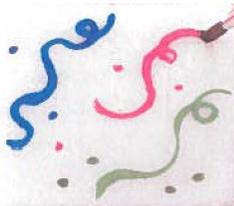


3. Complete design and let dry.

Figure 22: Taken from  
Wilton Decorating Cakes,  
A Reference & Idea Book



**Large detail.** Use a bevel tip food safe brush to add bold details like leaves and petals and to create exciting shading effects.



**Free-form designs.** Dab on the color for lively streamers, vines, confetti, scrolls, stars and other shapes. Use a round tip food safe brush to make dots, messages, squiggles and more.

Figure 23: Taken from the  
Wilton Decorating Cakes, A  
Reference & Idea Book

**Brush Embroidery.** This lace-look treatment for filling in flowers is easy to do with a square tip food safe brush.



Figure 24: Picture taken from Wilton website: [www.wilton.com](http://www.wilton.com)

**Brush Embroidery Steps:**



1. Fill a decorating bag 1/4 full or less with icing or melted candy.
2. Imprint pattern onto the cake surface (buttercream iced or soft fondant, candy or candy mold). Pipe over a small section of the imprinted design pattern (no more than 2 inches) using decorating tip 3.



3. Before icing can dry or candy sets, brush quick, short strokes of icing or candy toward the center of the design with a square tip food safe brush. Clean brush frequently to create distinct lines of icing. Repeat around design.

Figure 25: Pictures taken from Wilton website; [www.wilton.com](http://www.wilton.com)

**Sponge Painting Fondant**

**Instructions**



**Step 1**

Pour a small amount of clear extract onto a tray or small bowl. Add color to the extract and mix together. Dip crumpled paper towel in the color. Test on parchment paper or a paper towel.



**Step 2**

Lightly press against fondant-covered cake surface.



### Step 3

Continue sponging color until surface is covered. If some areas look too light, fill in with a little more color.

Figure 26: Taken from the Wilton website: [www.wilton.com](http://www.wilton.com)

## Stenciling with Buttercream on Fondant



1. Position stencil on cake. Use thin buttercream icing in a parchment bag with opening cut to the size of tip 3; fill in design with appropriate colors. Smooth with tapered spatula.



2. Carefully remove stencil, placing clean tapered spatula under one edge and lifting off edge of stencil.



3. Fill in any areas you missed with piped icing. Flatten and smooth with fingers dipped in cornstarch.

Figure 27: Taken from the Wilton Decorating Cakes, A Reference & Idea Book.

## Frozen Buttercream Transfer

It is important to use a buttercream recipe that is part butter and part shortening and include meringue powder. It will freeze better.



1. Trace pattern onto parchment paper using a FoodWriter. NOTE: Image will appear reversed when flipped onto cake, so if your pattern has to sit in a specific direction you will need to trace the design, flip it, then retrace to reverse the pattern before you start.



2. Tape design to a cake board or other portable surface that will fit in your freezer.

3. Trace the design with a dark color to go with your pattern. Use a small tip like a 2 or 3. Use a dampened brush to repair any broken lines.



4. Fill in the areas with the colors of your choice and a zigzag motion. Add the colors in layers. Think about what parts of the picture would be closest to you and do those areas first.

5. Use a toothpick to get the icing into any crevices so the image is completely filled in.

6. Pipe a line around the outer edge of the image in the same tip size as the initial outline and in the same color you will ice the cake.

7. Pipe a second layer of buttercream over the entire design within the outer line, filling in the area completely. Gently smooth the icing.

8. Freeze at least 4 hours (or overnight) until completely frozen.



9. When your cake is ready for the transfer, remove it from the freezer and gently re-smooth the back.

10. Flip the transfer over and place on the cake. NOTE: the transfer will begin to thaw quickly so don't let it sit too long before placing on the cake.

11. Slowly peel off the waxed paper. You can now add your message and borders as desired.

12. Keep the cake refrigerated to keep your transfer colors from bleeding onto the cake.

Figure 28: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## **Fondant Decorations**

Decorations can be made using cookie cutters, free form cutting, or modeling.

### **Fondant Overlay**



1. Start with at least two colors of rolled out fondant and at least two cut-outs. One cut-out should be a smaller size.



2. Cut the base using the larger cut-out and then cut the overlay shape using the smaller cut-out



Figure 29: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)



3. Brush the back of the smaller cut-out with water and attach to the base shape. Be careful not to use much water or the fondant decoration can slide around rather than stay in one place. If using colored fondant, this will leave a tinted residue if it slides.

Figure 30: Pictures taken from Wilton website; [www.wilton.com](http://www.wilton.com)

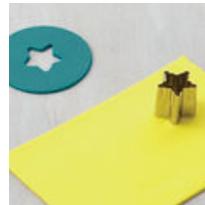
## Fondant Fill-in Inlay



1. Start with at least two colors of rolled out fondant, and at least two shaped cut-outs. One cut-out should be smaller than the other.



2. Using the first fondant color, cut out a base shape using the bigger cut-out. Cut a smaller shape inside the base shape using the smaller cut-out. Lift out the piece using a toothpick.



3. Using the second fondant color, cut out an inlay shape using the same smaller cut-out. This will be used to fill in the base shape.

4. Place the contrasting color piece or pieces inside the base shape.



5. Smooth the edges of the inlay with a damp fingertip to help the pieces stick together. Apply slight press to join the pieces. This technique can be used directly on the cake.

Figure 31: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## Fondant Rolled Inlay



1. Start with at least two colors of rolled out fondant. Using a ruler and a knife (or pizza cutter), cut even strips of fondant in one color.



2. Place strips on top of the rolled out base color, using even spacing to create a striped effect.



3. Place a piece of wax paper or parchment paper on top of your fondant. Using the fondant roller, roll lightly to embed the strips onto the base. Don't use too much pressure or the stripe colors will become warped.



4. Use your choice of cutters to make a shape with a striped pattern.

Figure 32: Pictures taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## Applying Fondant to Fondant

Instructions:

### Step 1



Brush the back of the fondant decoration with a damp food safe brush, if applying fresh fondant to fresh fondant. Use very little water because the fondant decoration can slide around rather than staying in one place. If using colored fondant, this will leave a tinted residue if it slides.

If applying dried fondant to a dried surface, brush the back of the decoration with piping gel to attach.



### Step 2

Position decoration onto fondant covered cake. Press lightly with finger to smooth if needed.

Figure 33: Taken from the Wilton website: [www.wilton.com](http://www.wilton.com)

Here are some examples of fondant cakes:



Figure 34: Pictures are taken from the Wilton website: [www.wilton.com](http://www.wilton.com)

## References:

[www.wilton.com](http://www.wilton.com)

Keywords: fondant

## **Flower Power Cake Decorating Unit 9 (Lily Flower Nail)**

Unit 9 cake decorating is designed to give you time to review all the skills learned in previous units as well as learn string work and making flowers on a lily flower nail.

Use all 4-H Cake Decorating manuals for reference.

### **Goals for Unit 9**

1. Build on skills developed in previous units.
2. Make borders and side decorations with string work.
3. Make flowers out of royal icing on a lily nail.
4. Make floral arrangements.
5. Practice string work, flowers made on a lily nail and floral arrangements.
6. Bake and decorate a minimum of three cakes plus your exhibit cake (total of 4). At least two of the cakes made must be real cakes. At least two of the cakes must have lily nail flowers.

### **Exhibit for Unit 9**

1. One decorated two-layer 8-, 9-, or 10-inch cake or cake form using an example of string work and flower(s) made on a lily nail. Texturing is optional. A bottom base border is required.
2. Your completed Cake Decorating e-Record in a sturdy binder/notebook should accompany the cake. Records are important, too. Keep a record of each cake you do. Either take a picture or make a simple drawing. Then write a short explanation of what you did and what you learned with each cake you decorated.

### **Decorated Cake**

1. A cake or artificial cake form may be used. At least two of the cakes made must be real cakes. At least two of the cakes must have lily nail flowers. At least 2 of the 4 cakes must be real.
2. The cake should be placed on firm disposable cardboard which will not sag with the weight of the cake and is the correct size for the cake. If using a cake form, the board should be the correct size for a real cake of the same size.

3. The cake board must be covered with a food safe material; examples are aluminum foil, *Wilton --Fanci-Foil wrap*, or freezer paper. If you use a decorative or gift wrap paper or fabric, it must be covered in food quality plastic wrap.
4. The design should be suitable for the size and shape of the cake. It should show good use of color and a pleasing combination of decorations.
5. **A minimum of one decoration from each of the following three categories should be on the exhibit cake.**

A. String Work

- String and fluted ribbon
- String and lace
- Cornelli lace
- Sotas
- Drop string
- Fleur-de-lis with string



Petunia

Figure 34: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

B. Flowers Made on a Lily Nail

- |               |            |
|---------------|------------|
| Blue bell     | Petunia    |
| Easter lily   | Tiger lily |
| Morning glory | Poinsettia |
| Day lily      | Gladiola   |



Hibiscus

Figure 35: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

Hibiscus

([https://www.youtube.com/watch?v=uqezd\\_9GNxM](https://www.youtube.com/watch?v=uqezd_9GNxM))

C. Base Border

- |                 |                      |
|-----------------|----------------------|
| Shell           | "E" motion border    |
| Reverse shell   | Rosette and star     |
| Shell and flute | Rosebud              |
| Ribbon          | Leaf ruffle          |
| Fluted ribbon   | Leaf and drop flower |
| Puff            | Ruffle               |
| Puff and flower | Rope                 |
| Dot and Heart   |                      |

### Side Trims (optional)

Fleur-de-lis

Garland and ruffle

Garland

Zig-zag garland

Flower and vine

Scroll and drop flower

Reverse scroll

Ribbon drape

6. Artificial stamens may be used for flowers. Leaves, wired or unwired, can be added. Flowers may be attached to wire stems covered with floral tape by piping a royal icing cone and inserting the floral wire. Allow to dry then attach to bottom of flower using royal icing. Fabric ribbon bows may also be used on the floral arrangement. All other cake decorations must be edible.

### **Examples:**

#### **Drop String**

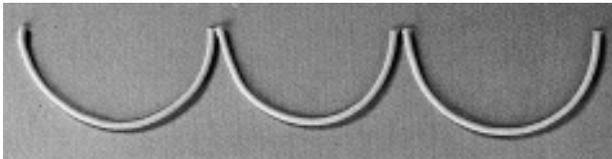


Figure 36: Taken from the Wyoming Cake Decorating Manual

Use round tip 2 or 3. Larger tips make the decoration too bulky. Use buttercream icing thinned with a few drops of white corn syrup. Royal icing is also good for string work. The drop string technique is the basis for all other drop string work variations. Mark 1½-inch intervals on the practice surface with a pencil. Hold the bag at a 90° angle to a vertical surface so that the bag's large end points just slightly to the right. Touch the tip to the surface and squeeze, holding the bag in place momentarily so that the icing sticks. Pull the tip straight away from the surface allowing the icing to drop into an arc. Relax the pressure and touch the tip to the next mark to end the string. The secret of making drop strings is to let each string drop by itself and not to drop your hand to form the curvature.

## Fleur-de-lis with String

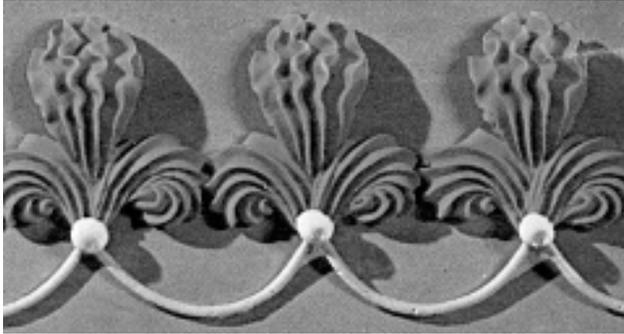


Figure 37: Taken from the Wyoming Cake Decorating Manual

Begin by making a row of open star tip 18 Fleur-de-lis, jiggling your hand as the center shells puff to ripple them. Add a string drape in a contrasting color from base-to-base point of each Fleur-de-lis. Add a tiny round tip 2 bead of icing to each base point to cover the string ends.

## Record Book

1. Cake Decorating e-Records should be neat and complete. Instructions should be followed.
2. Cake Decorating e-Records should show that a minimum of three cakes (at least two real cakes) plus the fair exhibit cake have been made (total of 4). At least two of the cakes must have lily nail flowers.
3. Cake Decorating e-Record books will count for 25 percent of the placing score.

## String Work

Learn and practice string work techniques.



Figure 38: Pictures taken from Wilton website; [www.wilton.com](http://www.wilton.com)

## **Suggested Things To Do**

1. Research instructions for doing string work. Both royal and/or buttercream icings may be used. For string work, use  $\frac{1}{2}$  cup thin consistency buttercream, adding a drop or two of white Karo syrup until you get the right consistency.
2. Look at cakes with string work on them. How is it combined with other decorations?
3. Try different consistencies of icing and decide which is best for string work.
4. Try some of the different color techniques you have learned in earlier units to make varied lettering and string work patterns.

## **Flowers Made on a Lily Nail**

Learn to make and practice some of the following. (Directions may vary depending on the instruction book you are using.) Royal icing should be used for flowers.

Blue bell

Easter lily

Morning glory

Petunia

Tiger lily

Poinsettia

Day lily

Gladiola

Hibiscus



Figure 39: Picture taken from Wilton website;  
[www.wilton.com](http://www.wilton.com)

### **Suggested Things to Do**

1. Research directions for making flowers on a lily nail. Gently lubricate the foil with Crisco\*, Sweetex or cooking spray such as Pam so the flower can be removed easily. Practice making several kinds of flowers.



Figure 40: Picture taken from Wilton website; [www.wilton.com](http://www.wilton.com)

2. Look in decorating books or at online tutorials for ideas on how to use lily nail flowers.
3. Use two varieties or two different sized lily nail flowers on your decorated cake.

\*Crisco is the brand recommended by professional cake decorators. Sweetex is also a recommended shortening to use in cakes and in the frosting.

### **Flowers Hooked to a Wire Stem**

#### **Suggested Things to Do**

1. Find instructions for hooking flowers to a wire stem.
2. Flowers may be attached to wire stems covered with floral tape by piping a royal icing cone and inserting the floral wire. Allow to dry then attach to bottom of flower using royal icing. Fabric ribbon bows may also be used on the floral arrangement. All other cake decorations must be edible.



3. Look in decorating books or search the Internet for ideas on how to use these flowers.

4. Make at least one flower and decide if you would like to use it on a decorated cake.
  - Starting at the base of the flower, wrap stem using floral tape.
  - Floral tape needs to be stretched for self-sticking.

## Flower Arrangements

Putting icing flowers on wire stems will add a new dimension to your cake decorating skills by allowing you to make standing arrangements.

**NOTE:** All icing flowers, calyxes and leaves which are to be attached to wire stems are made from royal icing.

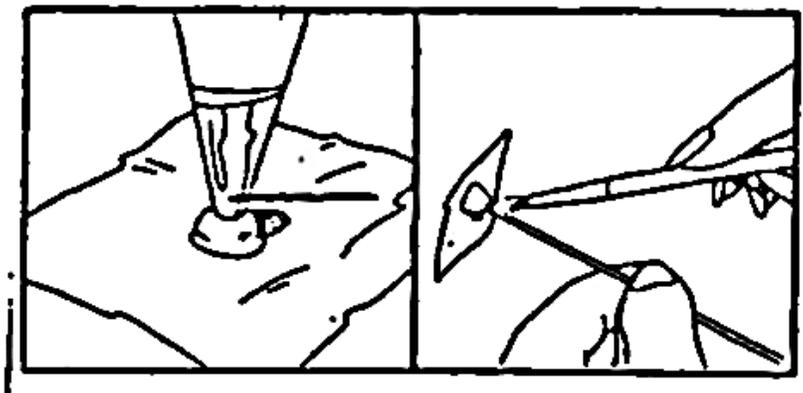
Royal icing flowers, calyxes and leaves must be thoroughly dry before attaching to each other.

Basic steps to follow:

1. Bend a 6-inch piece of florist wire at one end forming a small hook (1/8 inch).

### Calyx

- a. Pipe a small amount of royal icing on a 1/2- to- 3/4 - inch square of waxed paper.
- b. Insert hooked end of wire into royal icing mound.
- c. Brush icing mound to wire in tapered shape using a moistened decorator's brush.
- d. When dry, attach blossom to wire calyx with dot of royal icing.

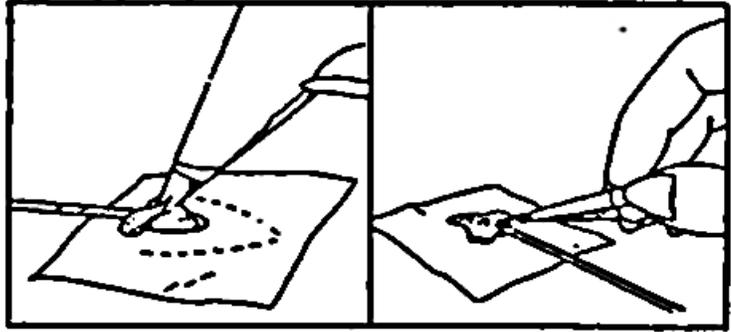


## Leaves

- a. Squeeze a small amount of royal icing onto a 2-inch square of waxed paper to use as anchoring base.
- b. Bend a 1/8-inch hook in one end of the florist wire. Lay hooked end of wire on royal icing base. (Be sure not to push wire through to waxed paper.)

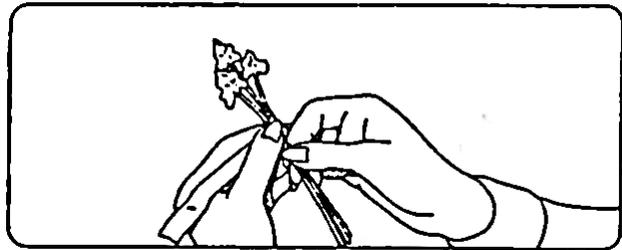
- c. Pipe royal icing leaf directly over the wire so the wire is the center vein.

- d. Allow to dry on waxed paper.

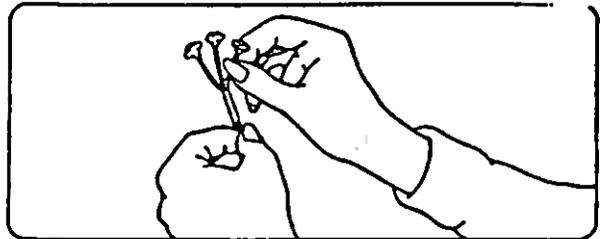


2. Make different sizes and in proportion to the size flowers that will be wired.
3. Attach a piece of 1/2-inch wide florist tape at the base of the leaf or flower and wrap for 1½ to 2 inches.

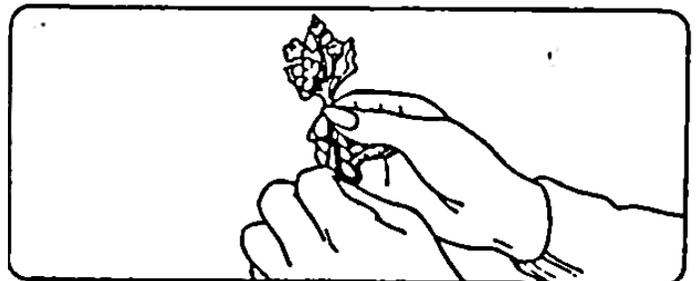
4. Wrap clusters of leaves or flowers by holding three together, two positioned slightly lower than the center. Wrap floral tape around wire stems about 1½ inches lower than side flowers or leaves. Cover 1-inch section of wire stems. Clip off two wire stems just beneath tape to reduce stem bulk.



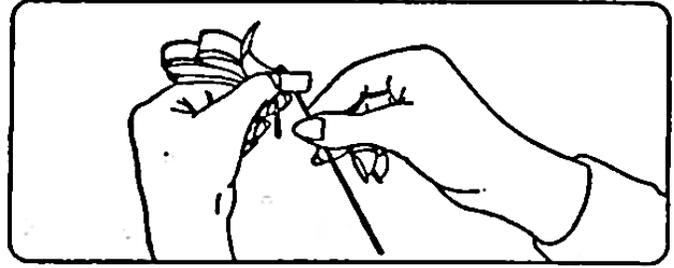
5. Bend side wires away from center at tape.



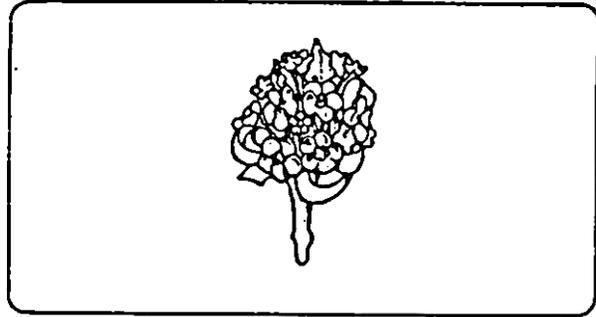
6. Begin putting the flowers and leaves together to form attractive arrangements. Continue adding leaves and flowers as desired. Clip off extra wires. You should have no more than 10 full length stems to tape all the way down to the ends.



7. If ribbon bows are used, wire and tape them just as you did the leaves and flowers.



8. After the spray is completed, use cake flower spikes or plastic straws to insert the flowers into the cake. If the stem cluster does not stay in the spike or straw securely, fill the spike with royal icing to act as an adhesive and hold the spray in place.



## References:

[www.wilton.com](http://www.wilton.com)

Key words: lily nail flowers



Figure 41: Pictures taken from Wilton website; [www.wilton.com](http://www.wilton.com)