

Poppy Seed Buttercream

Poppy Seed Buttercream – A delicious, firm and stable poppy seed cream, perfect as a filling for cakes, as well as under fondant, and it also freezes beautifully. It can also be used just for frosting the outside of a cake, while the inside is filled with a lighter cream or combined with fruit or another filling, as shown, for example, in my [poppy seed cake](#).



Ingredients:

- 150 g granulated sugar
- 3 egg whites
- 300 g butter
- 20 g ground poppy seeds (or 40 g pre-mixed poppy seeds with sugar)

Instructions:

1

In a water bath, whisk the egg whites with sugar for about 15–20 minutes until the mixture is liquid but thickened, and the sugar is completely dissolved.

2

Remove the bowl from the water bath and, while still warm, beat the mixture into a wonderfully white and stiff meringue.

3

Gradually fold in softened butter, cut into small pieces. Finally, mix in the poppy seeds.

