Cooked Honey Frosting

1/4 c honey

1 egg white

1 tsp flavoring (vanilla, strawberry, etc.)

Beat the egg white to soft peaks in a medium sized bowl set on a cloth to stop it moving about. Heat the honey in a small pan and gently simmer until it reaches the semi hard ball stage - a drop in a glass of cold water will form a firm ball when you squeeze it. Don't let the honey turn too dark. If it starts to look darker than deep gold, get it off the heat immediately. Pour the honey in a thin stream onto the egg whites, beating as you pour. You need to work fast to get the honey on the egg whites while it is boiling hot, so it will cook them, and before it turns into toffee! Quickly scrape the last bits of honey out before they set. When all the honey has been added, throw in the vanilla - still whisking - and beat until the mixture looks opaque and marshmallowy - it should be pretty thick and fluffy.

Note: the heat of the honey should be enough to cook the egg whites, so there's no need to worry about raw eggs with this recipe.

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