

# Sugar Tips & Tricks; Crafting Edible Art

Presented by

Chef Andy Chlebana CMPC, CCA

## Recipes

### **Sugar** (used for pulling and blowing)

1000 g      Sugar  
400 g      Water  
200 g      Glucose Syrup  
10 drops    Tartaric Acid Solution (1:1)

#### **Method**

1. Combine sugar and water in a heavy-bottom pan. Warm over low heat to dissolve sugar.
2. Once the sugar is dissolved, add the glucose syrup and boil
3. Skim the surface to remove any impurities
4. While the syrup is hot cover with plastic wrap and allow to cool at room temperature overnight
5. The following day bring the syrup to a boil, clean the sides of the pan with a wet brush
6. Add the acid solution, clean the pan as needed
7. Add colors at 140°C
8. Continue cooking to 160°C
9. Shock on ice water to prevent carry over cooking

### **Sugar** (used for casting)

1000 g      Sugar  
350 g      Water  
200 g      Glucose Syrup

#### **Method**

1. Combine sugar and water in a heavy-bottom pan. Warm over low heat to dissolve sugar.
2. Once the sugar is dissolved, add the glucose syrup and boil
3. Skim the surface to remove any impurities
4. Using a clean brush and cold water, clean the sides of the pan to remove any crystals that may have formed
5. Add colors at 140°C
6. Continue cooking to 160°C
7. Shock on ice water to prevent carry over cooking

## **Isomalt** (used for pulling, blowing, and casting)

1000 g          Isomalt, Type M

150-200 g      Water

### **Method**

1. Place water in a heavy-bottom saucepan
2. Add a small amount of isomalt and stir to dissolve over medium heat
3. Gradually add more isomalt until it is completely dissolved
4. Add desired quantity of sugar color
5. Cook to 165°C
6. Shock on ice water to prevent carry over cooking

## **Crystallized Sugar**

1000 g          Sugar

400 g            Water

### **Method**

1. Boil the water and sugar
2. Pour the syrup into a flexipan and sprinkle with additional granulated sugar
3. Allow to crystallize for 24 hours
4. Carefully remove the discs to dry remaining syrup

## Techniques

### Thrillers, Fillers, and Spillers

## Bubble Sugar

Bubble sugar can be made in two ways that both give different results. This product can be used to fill space and create volume without adding excessive weight to the showpiece. The bubble sugar can be left clear, or color can be added during the cooking process or applied with an airbrush after final shaping.

### Bubble Sugar (Silpat Method)

Isomalt Type M

2 half silpats

1 half sheet pan

#### Method

1. Place one silpat on the half sheet pan
2. Sprinkle the isomalt on the silpat and place the other silpat on top
3. Bake in a 350°F for 10-12 minutes
4. Allow to cool and remove bubble sugar from silpat
5. Cut or break into desired shapes

### Bubble Sugar (Parchment Paper Method)

3 half sheets of parchment paper

1 half sheet pan

Cooked isomalt or sugar for casting

#### Method

1. Crumble one half sheet of parchment paper and flatten out
2. Pour a line of cooked isomalt or sugar along one side of the crumbled parchment. The sugar should be the consistency of honey
3. Lift the paper so the sugar flows over down. As the sugar runs over the paper it will form bubbles
4. Allow sugar to cool completely before removing from paper
5. Cut or break into desired shapes

## Vinyl Casting

Vinyl is a great alternative to casting in place of silpats. A vinyl sheet will provide you with a clear finished product. When using a silpat there is texture that will transfer onto the sugar, while this is not necessarily a bad thing if you are looking to obtain a clear glass look to the sugar a silpat will not achieve this.

The vinyl can be cut into large complex structural pieces or used as flat mats to cast onto. Vinyl can also be used to achieve larger decorative elements that are very light and thin.

## **Vinyl Casting and Pouring Method**

2 pieces of vinyl similar in size

1 piece solid

1 piece with cut out into desired template

Cooked isomalt for casting

Parchment paper

### **Method**

1. After cutting desired shape into the vinyl, warm the vinyl up under a heat lamp and place the pieces together.
2. Allow the vinyl to cool completely before proceeding to next step
3. When the isomalt has reached the consistency of honey pour onto the vinyl mold
4. immediately after pouring lift both pieces of the vinyl up and allow the sugar to run down onto a sheet of parchment paper
5. Carefully remove the top piece of vinyl while the sugar is still warm. This will give you clean edges and thin piece of sugar.
6. Allow the isomalt to cool completely before removing from the vinyl
7. After removing from the vinyl the sugar can be shaped as desired

## **Casting onto Silicone Tuille Molds**

Silicone tuille molds are extremely popular now. They have been around in competition for many years and have now made their way into the kitchens for nightly service. While these silicone molds make a great impact, the challenge is to try to find new ways to use them.

## **Silicone Tuille Mold Casting**

Silicone tuille mold

Parchment paper

Metal scraper

Cooked isomalt

Heat gun

### **Method**

1. Place silicone tuille mold on a flat surface on top of a piece of parchment
2. Pour sugar onto silicone tuille mold, using the metal scraper remove excess sugar
3. Allow to cool partially and remove from the tuille mold.
4. Shape as desired

## Straw Sugar

Straw sugar is a classic technique used to create tubes of pulled sugar into a larger tube. This technique creates larger pieces that are extremely light and can be used to add volume and motion to your sugar piece.

## Straw Sugar Method

Cooked Isomalt for pulling

Blow torch

Cutting Knife

Wet Towel

Cooling Fan

PVC pipe

### Method

1. Prepare the sugar for pulling, it can be slightly on the warm side
2. Begin pulling the sugar out similar to making a ribbon but leave it thick
3. Once you have pulled this have a wide piece, fold the outer edges together to create a closed cylinder
4. Carefully draw this piece out by the ends to prevent pinching the tubes closed
5. Repeat this process 3-4 times, this will depend on the size of the finished straw sugar desired
6. Roll this piece around the PVC pipe to create a cylinder
7. Draw this piece out to the desired thickness and cool with a fan
8. Once completely cooled cut with a hot knife to reveal the hollow tubes of sugar

## Resources

<https://chefrubber.com> - Colors, sugar equipment, warming lamp, silicone molds, isomalt, vinyl

<https://fridamolds.com/collections/all> - Silicone tulle molds