

# Sugar Syrup and Fondant


# Heavy Syrup - Metric

- 2kg of white sugar – Caster is ideal...
- 1200ml or boiling water
- Mix and stir until all dissolved – i.e. No grittiness
- Pour into cleaned 4 pint milk bottle – perfect for 4 pint rapid feeders

# Heavy Syrup – Imperial

- 4lbs white sugar
- 2 pints of boiling water
- Mix and stir until all dissolved – i.e. No grittiness
- Pour into cleaned 4 pint milk bottle – perfect for 4 pint rapid feeders

# Fondant – Equipment

- 1X Large saucepan
- 1 X Hand or electric Mixer
- 1 X Cooking thermometer
- Shallow disposable setting pans (pizza type)/ or ldpe  food containers (clear plastic) this is ok at these temperatures and allows you to see when it's empty

# Fondant - Ingredients

## **Ingredients (scaleable): by weight**

- 4 parts granulated sugar e.g. 2kg
- 1 part water e.g. 500ml (500g)
- 1 Teaspoon White vinegar 5ml

# Fondant - Method

- Pour sugar, water and vinegar into saucepan and bring to the boil stirring constantly.
- Cover and gently boil up for about 5 minutes – goes clear
- Remove lid and check temperature with cooking thermometer, continue to boil with lid off until temperature reaches 234°F/112°C. *The liquid goes transparent but it takes a while to get to 112°C.*
- Remove from heat and cool to 200°F/93°C.
- Whip with mixer (preferably electric) until mixture begins to turn white and creamy with air bubbles.
- Pour into shallow setting pans – this makes a single pan 30cm x 25cm x 3cm (about 2515 cm<sup>3</sup>)
- Allow to cool undisturbed.