



## Paste Recipes

### Flowerpaste/Petalpaste or Gumpaste

Making this paste is not an exact science and one person's perception of a teaspoonful may be miles away from someone else's, so if you do have a go please bear that in mind and vary your ingredients accordingly. The teaspoons used are not 5mls. This recipe works well and it does not need a heavy duty mixer but you can use one if you wish.

500 grams Icing Sugar (Give or take)

1 packet of powdered gelatine (Supercook)

2 level teaspoons Gum Tragacanth

2 level teaspoons CMC

2 teaspoons liquid glucose (hard to measure, just go with the flow ☺ )

2 teaspoons Trex (as with glucose)

1 large egg white (string removed)

10 teaspoons white vinegar (small teaspoon, not a 5ml measure, actually equates to around 35ml)

Place the vinegar into a small heatproof bowl and sprinkle on the gelatine. Leave to sponge for 10-15 minutes.

Heat some water in a saucepan large enough to accommodate the bowl with the gelatine mixture and set the bowl into the saucepan. (water should not be boiling.) When the gelatine begins to melt, stir gently to make sure all the grains are incorporated. The gelatine will be dissolved when the mixture becomes clear and you can see no more grains. At this stage, add the glucose and Trex and turn down the heat. Stir until the fat and the glucose dissolve.

Sift the icing sugar into a large bowl and add the Gum Tragacanth and CMC. Stir well and microwave in very short bursts until the sugar feels just warm. Depending on the power of your microwave will determine how long this will take. (Do not overheat as this will cause the sugar to go grainy). You can also heat over a saucepan of hot water if you prefer, or do not have a microwave.

Remove the sugar from the microwave and make a well in the centre. Add the gelatine mixture and the egg white. At this stage pull the sugar away from the sides of the bowl into the centre with your hands or you can use a spoon or spatula. Mix as much in the bowl as you can and then turn the whole lot out, (including what is stuck to the inside of the bowl) onto your work surface which should be dusted with icing sugar. You will now have what looks like a huge mess but don't fret!

The mixture will be very warm and soft at this stage and it is very easy to think that you need to add huge amounts of extra icing sugar to get it to the correct consistency. STOP this may not be the case. Knead well, pulling all the sugar that is on your worktop together into the paste before you start adding additional icing sugar. It will cool while kneading. The wet ingredients you have used will thicken as they cool. When you have all the sugar incorporated, if the paste is still very soft, you can then add a little icing sugar at a time until you achieve the consistency you require. This should be stretchy and stringy, but firm.

Now wash your hands because they will be in a right mess!

Put a little white fat onto your hands and knead the mixture again thoroughly. Knead for several minutes.

You should at this stage have a smooth white paste. Roll it into a sausage and cut it into small portions.

(Around 6) Smear a little white fat over each portion and double wrap each portion in clingfilm.

Remember that clingfilm is breathable, so put them into a sealed plastic bag in the fridge. Use as required or pop into a second bag and freeze.

**The above recipe contains vinegar which is a natural preservative and this paste keeps in the fridge really well.**



## Tylo's Petal Paste Recipe:

3 medium egg whites, 594gms to sieved icing sugar,

20gms of CMC/Tylo Powder, 14gms white fat. E.g. White Flora/Trex

*Note:* If using merrywhite egg instead of fresh use: 1tsp to 30mls water = 1 egg white. Make sure the merrywhite has absorbed the water before you start making your paste.

Lightly beat the egg whites, gradually add icing sugar, beat well between additions as for royal icing until the consistency is soft peak.

Add the CMC and white fat. Beat again, mixing well the mix will thicken and become a sticky mess.

Remove from the bowl and knead well until it is smooth and stretchy.

Cut paste into two, wrap in clingfilm, place into a plastic bag and air tight pot.

Following day knead again cut into smaller chunks wrap up again and freezer for later use.

To use knead well until it feel smooth, stretchy and the paste squeaks. Keep paste covered when not in use as it dries quickly.

## Mexican Paste (recipe from Marion Frost's books)

Mix together 8oz (225g) icing sugar, 3 x 5ml teaspoons gum tragacanth, add 6 x 5ml teaspoons of cold water. Knead well.

Add more water or icing sugar as necessary. Place in a plastic bag.

Store at room temp for 12 hours. **Do not place in fridge.**

The paste will feel very hard.

Break a small piece away and knead between your fingers.

Once the paste has been kneaded it can be frozen.

## Pastillage (recipe supplied by Linda Garnham)

5 dessert spoonfuls of cold water, 1½ x 5 ml teaspoons gelatine 1 lb sifted icing sugar, ½ teaspoon gum tragacanth

Sprinkle gelatine onto water, leave to become spongy for about an hour.

Warm sugar with sprinkled gum tragacanth on top.

Dissolve gelatine over referred heat.

Combine warm sugar and liquid.

Put a little white vegetable fat on hands and knead paste until smooth.

Mature overnight. Re-knead portions as required.

Roll on a dusting of cornflour.

## Pastillage – Lindy Smith

Ingredients Makes 350g (12oz) 1 egg white, 300g (11oz) icing (confectioners') sugar, sifted, 10ml (2 tsp) gum tragacanth

Put the egg white into a large mixing bowl.

Gradually add enough icing sugar until the mixture combines together into a ball.

Mix in the gum tragacanth and then turn the paste out onto a work board or work surface and knead the pastillage well.

Incorporate the remaining icing sugar into the remainder of pastillage to give a stiff paste.