

HOW TO MAKE A SUGAR SHEET

In this tutorial I will show you how to make the latest trend – wrapping your cake in a Sugar Sheet. The recipe below made enough sugar sheet to wrap a 15cm (6 inch) cake that was 17cm (6.7 inch) tall. You can adjust your ingredients according to the size of the cake you are making.

ITEMS YOU WILL NEED:

- 2 cups granulated sugar
- 2 drops Gel food colour
- 4 tablespoons Glucose Syrup
- Plastic zip lock bag/ bags
- Rolling pin
- Non-stick baking paper
- Sharp knife
- Metal ruler



STEP 1

Depending on what colour you are making place the sugar in a zip lock bag. For my example put 1 cup of sugar in each bag. You then need to put 1 drop of colour per 1 cup of sugar. For this sheet I used 1 drop yellow and 1 drop pink in each bag.

Go straight to step 3 if you are not using a colour and keeping your sugar sheet white.



STEP 2

Squeeze the air out of the bag and rub the granules of sugar into the colouring. It took about 20 minutes to do each bag so the colour was evenly distributed through the sugar crystals.



STEP 3

Put the coloured sugar into a bowl. Melt the glucose syrup in the microwave for about 20 -30 seconds so that it is slightly runny.

Use 2 tablespoons of the glucose syrup for 1 cup of sugar. Use a metal spoon mix together until you get a lumpy consistency. Then using rubber gloves coated in some spray on oil, continue to mix together until you get a mixture that is like kinetic sand – it should feel soft, stick to itself and be easy to shape – and the colour is mixed through evenly.



STEP 4

Put the sugar mix onto non-stick baking paper. You will need to spread out to the approximate length of the diameter of your cake (in this example it was approximately 50 cm long). You then need to roll out between another sheet of non-stick baking paper. Roll to a thickness of approximately 4 mm. Remove the baking paper and check for any holes, you can just push the sugar mix and fill in any missing holes or gaps. Then place the non-stick paper back on and roll again until you are happy with the look. Do not make any thinner than 4mm thick because it will not be sturdy enough once dry to wrap your cake.



STEP 5

Allow to air dry for 1 hour and then place in a 50 °C oven for 15 minutes.

STEP 6

While the sugar sheet is still warm and pliable, measure the length and cut a straight line using a ruler and sharp knife.

Try and work on this quite quickly while the sheet is still flexible and bendy. Ensure that you do not allow the sheet to come too high above the cake as it may bend and flex if it does not have the support of the cake to help hold the shape.

