



Open Sugar Poppy



with Stephanie Lawshe

Links to purchase specialty supplies are highlighted in purples

- Gum paste
- Small Rolling Pin
- Set of Poppy Cutters - https://www.sugardelites.com/Poppy-Petal-Cutter-Large-By-Simply-Nature-Botanically-Correct-Products@_p_4183.html
- Floral Wire 22 - https://franscakeandcandy.com/products/coveredwire22gaugewhite?_pos=5&_sid=4ecf4ebf6&_ss=r
- Floral Wire 24 - https://franscakeandcandy.com/products/coveredwire24gaugewhite?_pos=12&_sid=4ecf4ebf6&_ss=r
- CelPad or Petal Pad - https://www.sugardelites.com/Foam-Pad-By-PME_p_2744.html
- Wiring Board - https://www.sugardelites.com/Wiring-Board_p_1508.html
- Ball tool or CelPin - <https://sunflowersugarart.com/product/large-ball-tool/>
- Peony Petal Impression Mold - https://www.sugarartstudio.com/cutter_coleccion_peony.php
- Pasteurized eggs in a small dish
- Shortening
- Cornstarch
- Apple tray, soup spoons or petal drying tray (local grocery stores carry them)
- Styrofoam block
- Pair of small scissors
- White or Yellow stamens (medium lily or hammerhead tip)
Stamen Type 1 - https://www.amazon.com/dp/B07CWWNXTW/ref=cm_sw_em_r_mt_dp_U_edewEbXRHKCBY
Stamen Type 2 - https://www.sugardelites.com/Stamens-Yellow-KM40_p_3988.html
- Small paint brushes for dusting
- Floral tape (white or green)
- Petal dusts in desired colors (pink, peach, moss green and soft yellow)

Gumpaste Recipe

recipe adapted from Nicholas Lodge

Ingredients

4 x-large fresh egg whites*

2 pound bag of powdered sugar 10x

4 tablespoons tylose powder**

4 teaspoons vegetable shortening

1. Place the egg whites in a heavy duty mixer bowl fitted with the flat paddle.
2. Turn the mixer on high speed for 10 seconds to break up the egg whites.
3. Reserve a heaping 1 cup of the powdered sugar and set aside.
4. Turn the mixer to the lowest speed and slowly add the remaining sugar.
5. Turn up the speed to medium and beat for about 2 minutes. During this time, measure the Tylose into a small bowl.
6. Mixture should look thick and shiny, like meringue. If coloring the entire batch, add the color at this stage, making it a shade darker than the desired color.
7. Turn the mixture to slow and sprinkle the tylose in over a 5-second time period. Next, turn the speed up too high for a few seconds. This will thicken the mixture.
8. Scrape the mixture out of the bowl onto a work surface that has been sprinkled with the reserved 1 cup of powdered sugar. Place the shortening on your hands and knead the paste, adding enough sugar to form dough that is soft but not sticky. You can check by pinching with your fingers -- they should come away clean. Wrap in plastic wrap and place in resealable bags.
9. Place in the refrigerator for 24 hours if possible before using, to allow paste to mature.
10. Before use, remove from refrigerator and allow the paste to come to room temperature. If needed, take a small amount of shortening on your fingertips and knead into the paste. If you are coloring the paste, add the color at this time.

11. Always store the paste in resealable bags and return to refrigerator when you are not using. Paste will keep under refrigeration for approximately 6 months. You can keep the paste longer by freezing. If you will be freezing a batch of paste, allow it to mature for 24 hours in the refrigerator first before placing in the freezer.

12. Make approximately 2 pounds of paste.

* Large egg whites can vary a great deal from region to region. If you find that paste is too stiff to work with, try adding a little more egg white in the first stage of the recipe.

** Chef Lodge's recipe was created using Tylose powder. While there are several other great gum agents available (Gum Tragacanth, Gum-Tex, CMC), they cannot be directly substituted in this recipe. CMC powder is similar enough to Tylose to use in this recipe, but strengths vary greatly, so you will need to experiment with amount of CMC to use with the other ingredients to make a work-able paste. (My personal experience with CMC has been that it is stronger than the Tylose powder found in the States, and therefore I use a bit less when making this recipe).

Resources

Where to buy tools

Frans Cake and Candy – www.franscakeandcandy.com

Petal Dust, Veining Board, Floral Wire, Gel Colors, Satin Ice Gumpaste, & Small Roller

Global Sugar Art – www.globalsugarart.com

Tylose Powder, CelPad, Peony Cutters, Veining Board

Sunflower Sugar Art – www.sunflowersugarart.com

Ball Tool, Petal Dust, Peony Cutters, Stamens

Sugar Delites – www.sugardelites.com

Peony Cutters, Petal Dust, Veining Board, CelPad or Petal Pad, CelPin, Stamens

Flour Confections – www.flourconfections.com

All the supplies listed

Amazon – www.amazon.com

All the supplies listed

* Tylose Powder - https://www.amazon.com/dp/B0013GMLRA/ref=cm_sw_em_r_mt_dp_U_j.7KCbWQFQTCY

* Veining Board - https://www.amazon.com/dp/B07CJJKN6X/ref=cm_sw_em_r_mt_dp_U_5c8KCbCZR5M1P

Gumpaste Recipe

Nicolas Lodge - <https://www.nicholaslodge.com/blog/nicholas-lodge-s-tylose-gumpaste>

Video Instruction - <https://www.youtube.com/watch?v=VHiEiJGiHy8>

Contact

If you have any questions, feel free to email me at sweetlittlemorsels@gmail.com.