

Stage 5 Food Technology: Food trends

Experiment: Fondant making

Aim

To observe the effects of adding cream of tartar, honey and butter to fondant.

Ingredients and equipment

4 cups white sugar
 2 cups water
 4 confectionary thermometers
 4 small-to-medium sized saucepans
 4 wooden spoons
 set of measuring spoons
 4 glass or thick plastic mixing bowls
 4 pastry brushes
 pinch of cream of tartar
 2 teaspoons honey
 1 tablespoon butter



Method

As a class, split into four groups. **Group 1** act as the control group, **group 2** adds cream of tartar to the mixture, **group 3** adds honey and **group 4** adds butter.

1. Put sugar and water in the saucepan. Clip the thermometer to the side of the saucepan.
2. Stir lightly. Wet down the sides of the saucepan with water on a pastry brush, so sugar does not build up on the pan sides.
3. Place the pan on a small burner and bring the sugar/water solution to the boil.
4. Boil on medium heat until the temperature rises to 115°C.
5. Carefully pour the hot liquid into a bowl. Do not scrape the pan. Place the confectionary thermometer in the bowl with the end submerged in the liquid.
6. Allow the liquid to cool to 50°C. Note if crystals form on the surface of the cooling liquid.
7. Beat the mixture until it is stiff.
8. Pick up the fondant immediately and work with your hands until all lumps are gone.
9. Compare the four fondants according to the characteristics in the results table.

Results table for fondant



Fondant	Colour	Surface	Lustre	Texture	Volume	Flavour
Control						
Cream of tartar						
Honey						
Butter						

Conclusions

1. Which substance made the fondant:

- a) the sweetest _____
- b) the smoothest _____
- c) the most lustrous _____

2. Which substance affected the colour the most?

Do you think this colour change makes the fondant more appealing?

Note: this activity has been developed from Burnett-Fell, B. and Stutchbury, K. 2nd Edition, *Food Technology In Action*, Preliminary and HSC Courses, page 94.