Gum paste recipe:

This Tylose gum paste recipe is used for fine flower making and would be an alternative to using commercially available pastes, such as Renshaw. CMC/Tylose comes in many strengths and I recommend that you contact the specific manufacturer of the products you buy and ask if they have a recommended formula for creating scratch gum paste. The following recipe has been formulated using the Tylose powder available in the US.

Chef Nicholas Lodge

Ingredients

- 125g Fresh or pasteurized egg whites
- 725g + 100g Powdered sugar / icing sugar
- 30g (*27g) Tylose powder
- 20g Vegetable shortening (Crisco®) / white vegetable fat (Trex)

Method

Place the egg whites in a Kitchen Aid mixerbowl, fitted with the flat paddle or scraper paddle attachment.

Turn the mixer on high speed for 10 seconds to break up the egg whites.

Turn the mixer to the lowest speed; slowly add the 725g of powdered sugar to make a soft consistency royal icing.

Turn up the speed to setting 3 or 4 for about two minutes.

Make sure the mixture is at the soft peak stage. It should look shiny, like meringue and the peaks fall over. (If colouring the entire batch of gum paste, add the paste, gel or liquid colour at this stage, making it a shade darker than desired.) Also, white gel colour can be added to make a brighter, whiter gum paste.

Turn the mixer to the slow setting and sprinkle the Tylose in over a 5 second time period. Turn the speed up to the high setting for a few seconds. This will thicken the mixture.

Scrape the mixture out of the bowl onto a work surface that has been sprinkled with some of the reserved 100g

of powdered sugar. Place shortening on your hands and knead the paste, adding enough of the reserved powdered sugar to form a soft but not sticky dough. You can check by pinching with your fingers and they should come away clean. Place the finished paste in a zip top bag, then place the bagged paste in a second bag and seal well.

Mature the gum paste for 24 hours if possible before use, keeping in a cool environment.

When you are ready to use the paste, cut off a small amount and knead in a little vegetable shortening into the paste. If colouring at this stage, knead the colour into the paste until the desired shade is achieved.

When not in use, the paste will need to be stored in the refrigerator. Before use, remove from refrigerator and allow the paste to come to room temperature. Knead a small amount of shortening into the paste.

Always store the paste vacuum sealed with a foodsaver type system if available, or in zip top bags with as much air removed as possible. Wrapped in plastic wrap / cling film like this, the paste will keep under refrigeration for approximately 6 months. You can keep the paste longer by freezing it. Be sure to use zip top freezer bags. If you will be freezing a batch of paste, allow it to mature for 24 hours before placing into the freezer. The paste can be kept in the freezer for several years with no problems and can be taken out of the freezer, thawed, used and refrozen without any problems or ill effect on the paste.

*Less Tylose can be used if you do not want the gum paste to dry as fast or if making dark colours that typically dry the gum paste out, (i.e. Black, Dark Green, Purple.)

