

CHAPTER V

FRENCH FONDANT CREAM, HOW TO MAKE AND HOW TO USE IT

THIS preparation of sugar is of first importance in sweet-making as it forms the foundation of so many delicious sweets.

As the name "fondant" implies, sweets of this class literally "melt" in the mouth.

The degree to which fondant is boiled is one of the lowest used in sugar-boiling, and less skill is required to check the boiling at the right degree than in the case of higher temperatures.

Three recipes are given, the kind of fondant made depending on the use to which it is to be put.

Fondant No. 1.

Ingredients—

1 lb. granulated sugar. | 1½ gills water.
1 dessertspoon glucose.

Method.—Dissolve sugar slowly in water. When dissolved add glucose. Let syrup boil and remove scum. Place thermometer in pan and boil to 240° F. During boiling brush round sides of pan with pastry brush dipped in water to prevent crystallization. Sprinkle slab with water, pour syrup on to slab, and after sprinkling a little water on surface leave till slightly cooled. Then with scraper or knife bring syrup to centre of slab and work with spatula till it "turns," *i.e.* becomes white and opaque. Knead till smooth and free from lumps, and pack in air-tight jar till required.

This fondant is used for moulding in rubber mats, or in starch impressions, and for peppermint creams.

Fondant No. 2.

Ingredients—

1 lb. granulated sugar. | 1½ gills water.
¼ salt spoonful cream of tartar.

Method.—Prepare as described for fondant No. 1 adding acid instead of glucose. This fondant may be used for peppermint creams, centres chocolates, and stuffed fondants, and also in the manufacture of almond cream bonbons.

Fondant No. 3.

Ingredients—

1 lb. granulated sugar. | A few drops of acetic acid or
1½ gills water. | lemon juice.
3 oz. glucose.

Method.—Prepare as described for fondants 1, 2, but continue boiling to 242°. This gives a more glossy fondant, which is used for coating cream and other centres.

By increasing the proportion of glucose a still more glossy fondant may be obtained.

To mould Fondant.

Ingredients—

½ lb. French fondant cream No. 1. | A little stock syrup.
Colouring and essence to taste.

Method.—Put fondant into a small pan and thin down carefully with syrup and add colour. Heat gently, but on no account boil. Lastly, add essence to taste. Pour into a paper icing bag, and force into a clean dry rubber mat.

A few hints on colours and essences may prove useful.

Suggested Colours and Flavours.

Tangerine }
Orange } Orange yellow—decided shade.
Lemon } Lemon yellow.

Banana	}	Warm shade of yellow.
Apricot		
Peach	}	Varying shades of pink to red.
Hawthorne		
Strawberry		
Rose		
Rasp		
Cherry	}	Violet.
Violet		
Lilac		
Pine-apple	}	Green.
Pistachio		
Wintergreen		
Ginger	}	Brown.
Coffee		

Centres for Stuffed Fondants.

Ingredients—

$\frac{1}{2}$ lb. fondant No. 2. | Colour and essence.
Small pieces crystallized violet or rose, ginger, pistachio or other nuts.

Method.—Colour and flavour fondant to taste and to suit whatever stuffing is to be used.

Thus ginger fondants would be coloured brown and flavoured with ginger, and in the centre of each would be placed a small piece of preserved ginger.

Divide fondant into equal-sized portions, and roll between hands into balls or ovals, same as butter pats.

Place on wax paper and leave to dry for twenty-four hours.

Stuffed Fondants.

Ingredients—

1 lb. fondant No. 3. | Stock Syrup.
Colour and essence. | Centres.

Method.—Put fondant in small pan and heat gently, adding sufficient syrup to make to a thick cream.

Add flavouring and colouring to suit centres. Drop round centres into liquid fondant, lift out with dipping fork and drop on to wax paper, twisting a strand of fondant on top to decorate sweet. Oval centres are dipped in the same way, markings being made across fondants with fork. When set, place in small paper cases.

Peppermint Creams.

Ingredients—

$\frac{1}{2}$ lb. fondant, No. 1 or No. 2. | Stock syrup.
Few drops oil of peppermint.

Method.—Put fondant into small pan. Heat gently, add enough syrup to moisten to a cream and peppermint oil to taste. Pour into paper icing bag and force into cream rings. If properly made, they should set at once and leave rings quite easily.

Lemon Fondants.

Ingredients—

1 lb. loaf-sugar. | $1\frac{1}{2}$ gills water.
2 fresh lemons. | 1 teaspoon glucose.
A few drops of lemon juice.

Method.—Rub loaf-sugar on lemon rinds, till all the zest is rubbed off. Put lemon, sugar, and water into a pan and dissolve in usual way. Add glucose and lemon juice, boil, remove scum, and then boil to 240° . Pour on to slab and work with spatula, as described in fondant No. 1. When kneaded smooth, return to pan and melt down with a little syrup, adding colouring if required.

This will depend greatly on lemons used and amount of zest collected on sugar. Force into rubber mat, and when cold turn out and crystallize.

Apricot Fondants.

Ingredients—

1 lb. granulated sugar. | 1 dessertspoon glucose.
 $\frac{1}{2}$ gill apricot juice. | Orange yellow.
 $\frac{1}{2}$ gill water. | Apricot essence.

Method.—Prepare in the same way as directed for lemon fondants.

Maraschino Fondants.

Pale green fondants flavoured with maraschino, moulded and crystallized.

Tangerine Fondants Fourrés.

Make centres of fondant No. 2 flavoured with tangerine and coloured orange yellow. Prepare fondant No. 3 to correspond, dip centres in usual way and crystallize.

Ceylon Fondants.*Ingredients—*

½ lb. fondant 1 or 2.	Unsweetened chocolate.
	Desiccated cocoa-nut.

Method.—Melt down fondant and add sufficient unsweetened chocolate to flavour it, and colour a good brown. Force into cream rings and sprinkle with desiccated cocoa-nut.

Butter Creams.*Ingredients—*

1 lb. granulated sugar.	1½ oz. butter.
1½ gills water.	1 dessertspoon glucose.

Method.—Make fondant in usual way, adding butter during boiling, and boil to 240°. Mould in rubber mat.

Almond Cream Dates.*Ingredients—*

1 tablespoon fondant No. 2.	Colour and flavour.
1 tablespoonful ground almonds.	Tunis dates—split and stoned.

Method.—Put fondant and almonds together in pan and mix thoroughly over fire. Turn out and knead in colour and flavour as desired. Roll into oval portions and place in centre of date. Decorate to taste with crystallized petals and brilliantine.

Almond Cream Cherries and Plums.

These are prepared in a similar way to that described above.

Almond Cream Angelica.

Roll out a piece of almond cream, size of pencil. Place it in the centre of a stem of angelica. Roll out another piece of almond cream into a flat strip and cover angelica with it. Roll and cut into slices, and decorate with brilliantine.

Other fruits and nuts can be treated in a similar way.

Coffee Fondants.*Ingredients—*

½ lb. fondant No. 1.	1 teaspoonful coffee essence.
	Stock syrup.

Method.—Melt down fondant, adding coffee essence and sufficient stock syrup to make to a cream. Pipe into rubber moulds.