

Ingredients explained

Some ingredients are called something different in different parts of the world.

In order to avoid misunderstandings about which ingredients, I use in the recipes in my e-books, I have made this list with details about the ingredients which may give rise to doubt.

Sugars and syrups

Granulated sugar

Granulated sugar is white table sugar, also referred to as "sucrose" or just "sugar". Granulated sugar is produced commercially from sugar canes and sugar beets.

Sorbitol

I use sorbitol in a fine powder form.

Sorbitol is a sugar alcohol. Most sorbitol is made from potato starch, but it is also found in e.g. apples, pears, peaches, and prunes.

Dextrose

Dextrose is often referred to as "grape sugar". It comes in a fine powder form. Dextrose is derived from corn.

Glucose syrup

Glucose syrup is a syrup made from the hydrolysis of starch. Maize (corn) is commonly used as the source of the starch in the US, in which case the syrup is called "corn syrup", but glucose syrup is also made from potatoes and wheat, and less often from barley, rice and cassava. I use a glucose syrup which is a mixture of different types of sugar that have been extracted from wheat starch.

Inverted sugar

Invert sugar is also known as "invert sugar syrup" or "invert syrup". It is a liquid sweetener made from granulated table sugar and water.

Honey

When my recipes call for honey, I often use acacia honey. I use this type of honey because I like its flower-like aroma and sweet, delicate flavour, and also because acacia honey remains liquid longer and crystallises much slower than traditional honey. But you can also use a traditional wildflower honey.



Icing sugar

Icing Sugar is finely ground white sugar, which is also referred to as "powdered sugar" or "confectioners' sugar". It is produced by milling granulated sugar into a powdered state.

Light coloured syrup

Light coloured syrup is the classic basic syrup for making sweets, cookies, desserts, sauces, meat dishes, etc. I use a light coloured syrup, which is made from organic sugar beets.

Light cane sugar

Light cane sugar is a sugar that is made exclusively from sugar canes, as opposed to sugar products that are made from sugar beets, or from a combination of canes and beets.

Other ingredients

Whipping cream

I use a whipping cream that contains 38% fat. For my recipes, I recommend that you use a whipping cream with a fat content of 38%, or if you cannot get that kind where you are situated, then use a whipping with a fat content between 35% and 40%.

Butter

I use salted, organic butter that contains 80% fat and 1.8% salt. For my recipes, I recommend that you use a butter with a fat content between 80% and 82%. If you cannot get salted butter where you are situated, I recommend that you add a little salt (corresponding to 1-2% of the amount of butter).

Flavouring oils/aromas

I prefer to use the flavouring oils from the brand LorAnn Oils. These oils come in various sizes: 3.7 ml, 29.5 ml., and 118 ml. You only need a few drops for each portion of filling.

Coarse coconut flour

In Denmark, dried and grated/shredded coconut is called "coconut flour". You can get two versions of this: A coarse version and a very fine version. For my recipes, I use the coarse version which resembles small coconut flakes.

Almond flour

Almond flour is made from very finely chopped almonds without a skin. It is also referred to as "ground almonds". You can buy it ready-made in the supermarket, but you can also make your own by blending almonds (without skin).

Cocoa powder

By cocoa powder, I mean the unsweetened type of cocoa powder.