



*Open Sugar Peony*



*with Stephanie Lawshe*

# Materials



- Gum paste
- Small Rolling Pin
- Set of Peony in four sizes (range from Small to XL)
- 22 or 24 gauge white or green wire
- Ziploc Bag gallon size (use to keep petals & gumpaste from drying out)
- CelPad or Petal Pad
- Veining Groove Board
- Ball tool or CelPin
- Peony Petal Impression Mold
- 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)
- Small paint brushes for dusting
- Floral tape (white or green)
- Petal dusts in desired colors ( pink, peach, fuchsia, moss green and soft yellow)

# *Gumpaste Recipe*

recipe adapted from Nicholas Lodge

## Ingredients

4 large fresh egg whites\*

2 pound bag of powdered sugar 10x

12 level teaspoons 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 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 to 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](http://www.franscakeandcandy.com)

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

Global Sugar Art – [www.globalsugarart.com](http://www.globalsugarart.com)

Tylose Powder, CelPad, Peony Cutters, Veining Board

Sunflower Sugar Art – [www.sunflowersugarart.com](http://www.sunflowersugarart.com)

Ball Tool, Petal Dust, Peony Cutters, Stamens

Sugar Delites – [www.sugardelites.com](http://www.sugardelites.com)

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

Flour Confections – [www.flourconfections.com](http://www.flourconfections.com)

All the supplies listed

Amazon – [www.amazon.com](http://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](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](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](mailto:sweetlittlemorsels@gmail.com).