

# ALLA'S YUMMY FOOD

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## IMPORTANT INGREDIENTS & TOOLS

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### Ingredients

Majority of ingredients are basic and easy to find. Please take note of the *Master Shopping List & Optional Special Moulds/Equipment* document for quantities and specialised items required that you will need to purchase online or in specific baking stores.

### You will need:

- Unsalted Butter (min 82% fat)
- Eggs - For the UK a whole large egg (for the USA this is an extra-large egg) out of its shell weighs approximately 60 gr. Of this about 1/3 is the yolk and 2/3 is the white so one egg white will weigh approximately 40 gr.
- Plain all-purpose flour/cake flour
- Granulated Sugar
- Milk
- Icing/Powdered Sugar
- Unsweetened Cocoa Powder
- Baking powder & Baking soda
- Cornstarch USA/ Cornflour UK
- Vanilla extract/vanilla seeds or vanilla powder
- Cream Cheese (use good quality such as Philadelphia)
- Mascarpone Cheese (use good quality)

- Chocolate - dark, milk, and white. I use the best quality for the desserts I make, and I highly recommend using good quality chocolate that doesn't have any additives, palm oil, or loads of added sugar. Do some research in your country and see which chocolate is good for you.
- Gelatine Leaves/Sheets. Gelatine leaves/sheets are super easy to use and require less time to bloom. Gelatine leaves have no flavour and really are a great ingredient. Always get higher grade gelatine leaves, so the bloom and strength power is around 200 C.
- Double Cream/Heavy Cream (always min 33-35%)
- Fruit Purees. There are two brands I use, Leonce Blanc (which I find is better, but also Funkin Pro is great too)
- Almond Flour/Almond meal/ Ground Almonds. All of these names mean the same thing, so just get any of those.

## Tools & Equipment

You don't really need any special equipment but there are some things that you must have in the kitchen to make the cakes. There are things that are must-haves, and things that are nice to have to make your job easier in the kitchen. But they are optional. Most of the things you probably already have in your kitchen. You don't have to use the brands I suggested, this is just what I use, but feel free to shop around for whatever brand you like.

### You will need:

- **Digital Scales.** For convenience, everything is measured in grams. Whether you own a large patisserie chain or are an enthusiastic home baker, the importance of weighing ingredients cannot be underestimated and usually marks the difference between resounding success and culinary mishap.
- **Digital Thermometer.** You can have a digital thermometer or standard. I prefer the infrared, as it's easier, but it's your choice. Always better to have both.
- **Bowls, Whisks, Spatulas.** You need to have a large bowl where you can mix all the mousses and so on. You also need a whisk, it's a must-have. If you want to get an electric whisk - I would strongly recommend that, as it will save you so much time and effort.
- **Baking Paper, Clingfilm(Plastic Wrap / Saran Wrap), Foil.** These must-have items in every kitchen anyway, so I hope you have these ;)
- **Food Processor & Blender.** It is great for mixing the dough, making purees, liquid sauces, and much more.

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- **Stand Mixer** - essential to knead a lot of the dough and make your life easy.
- **Pastry Bags.** A piping bag is a kitchen tool used for decorating cakes, pies, cookies, and other pastries, and also for squeezing doughs, batters, creams, and puréed ingredients onto platters or baking sheets. A piping bag is basically a bag in the shape of a cone.
- **Electrical Whisk** - we will be whisking a lot of things.
- **Tart Rings** - we will be assembling desserts in these
- **Baking Tray**

### Nice to Haves:

- **Cooking Spray.** If you are a bit lazy like me, you can use the cooking spray as it saves you a lot of time, rather than greasing your pans.
- **Baking Rings** of various sizes and more than 1 of each, so you can create multiple cakes and fillings.
- **Hand Blender / Emulsion Blender / Stick Blender.** This is optional.

### Must Haves:

- Fridge
- Freezer
- Oven
- Microwave
- Stand-mixer
- Electrical whisk
- Toothpicks (for checking cakes)
- Scissors

For your convenience, I have created one place with all the main tools and ingredients that I use on amazon. It is easy to get the bits that you might be missing in your kitchen. One is for the UK and one is for the USA.

### Amazon UK

Ingredients: <https://www.amazon.co.uk/shop/allasyummyfood?listId=ZOAXMFXNTTGM>

Equipment: <https://www.amazon.co.uk/shop/allasyummyfood?listId=2D5JEBD92V0DV>

### Amazon USA

Ingredients: <https://www.amazon.com/shop/allasyummyfood?listId=3H5NP3I6E6G6I>

Equipment: <https://www.amazon.com/shop/allasyummyfood?listId=1GYTVZ6OL35CQ>

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## Extra Information

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If you have any more questions, please email me at [allasyummyfood@gmail.com](mailto:allasyummyfood@gmail.com)

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I hope you understand. I look forward to seeing your amazing cakes in this course!

Love, Alla x