

ALLA'S YUMMY FOOD



IMPORTANT INGREDIENTS & TOOLS

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
- Sugar
- Baking powder & baking soda
- Cornstarch
- Vanilla extract/vanilla seeds or vanilla powder
- Cream Cheese (use good quality such as Philadelphia)
- Chocolate - dark, milk, and white. I use the best quality for the desserts I make, and I highly recommend using a good quality chocolate that doesn't have any additives, palm oil or loads of added sugar. If you can't get callebaut or coco barry, then do a bit of 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 a higher grade gelatine leaves, so the bloom and strength power is around 200 C.
- Gelatine Powder. Most of the recipes will require gelatine. Gelatine is just a gelling agent which helps to set the cakes and make sure they don't leak when out of the fridge. Gelatine has no flavour and really is a great ingredient. Always get a higher grade gelatine powder, so the bloom and strength power is around 200-240 C. Gelatine powder comes in various forms, fish gelatine, meat gelatine. I use a really high quality fish one. It lasts a really long time as well.
- 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)
- Gel Food Colours. If you want to make stunning cakes with bright colours, then we must use food colouring. I use a really good brand and colours are strong, which means you don't need to add a lot of it. You can also use natural food colours, but they are not strong in colour.
- Almond Flour/Almond meal/ Ground Almonds. All of these names mean the same thing, so just get any of those.
- Glucose Syrup. A must have ingredient for our mirror glazed cakes. Can be found in any baking store or amazon. Make sure it's good quality.

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 have, 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 infrared. I prefer the infrared, as it's easier, but it's your choice. Always better to have both.
- Baking rings of four sizes. You can get 20cm, 18cm, 16cm and 14cm / 8inch, 7inch, 6inch and 5.5inch. Height of the tins - The 20cm/8inch & 18cm/7inch should be minimum 8-9 cm / 3-4 inches in height. This will let you assemble all of the cakes. The small ones are mainly used for fillings. I use the brand Lacor.
- 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 are must have items in every kitchen anyway, so I hope you have these ;)
- Hand Blender / Emulsion Blender / Stick Blender. This is a must have for mirror glaze, mixing ingredients, you won't be able to create mirror glaze without a hand blender. You can get them super affordable now on amazon.
- Food Processor & Stand Blender. If you have at least one of these, it will help a lot in the kitchen. Especially if you are making your own fruit purees. They vary from super cheap to more expensive ones, it just depends on you what you need.

Nice to Haves:

- Palette Knives. This is really good to have to clean the glazes when they drip, smooth over the cakes, lift the cakes and so on.
- 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.
- 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.
- Cake Boards. Not super essential if you are cooking for yourself, but if you are giving cakes away, good idea to get some cake boards. Choose a stronger and thicker one.
- Acetate Rolls - They really help with mousse cakes, sponge cakes, to have that smooth finish.

Must Haves:

- Fridge
- Freezer
- Oven
- Microwave
- Stand-mixer or at least an electrical whisk
- Tooth picks (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 a USA.

Amazon UK

Ingredients: <https://www.amazon.co.uk/shop/allasyummyfood?listId=3NLYP41GJ05T3>

Equipment: <https://www.amazon.co.uk/shop/allasyummyfood?listId=2Y0UTWIBQT892>

Amazon USA

Ingredients: <https://www.amazon.com/shop/allasyummyfood?listId=1UCRIQEQXAJB2>

Equipment: <https://www.amazon.com/shop/allasyummyfood?listId=23E8FHP1LGMTJ>

Extra Information



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

Love, Alla x