

16 make-at-home  
celebration cakes  
from a world-famous  
sugar artist

CARLOS LISCHETTI

# ANIMATION IN SUGAR

TAKE 2

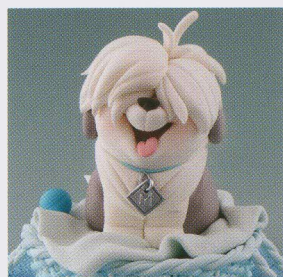


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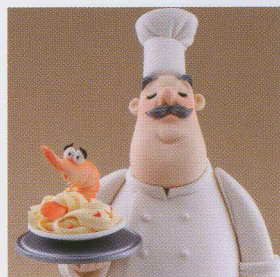


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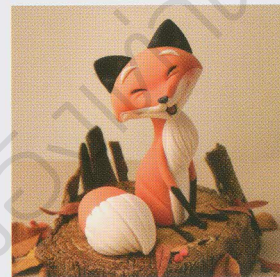
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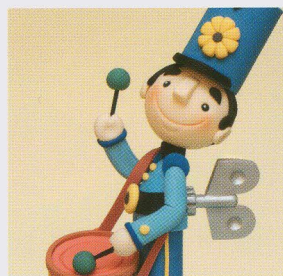
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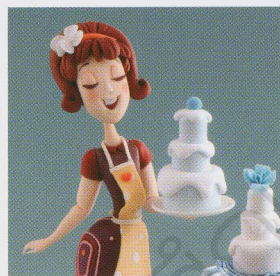
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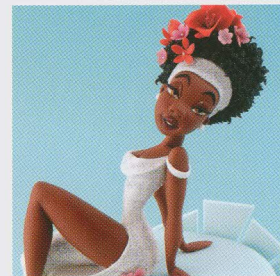
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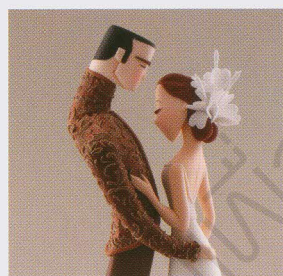
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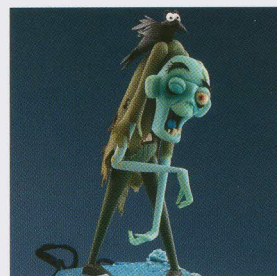
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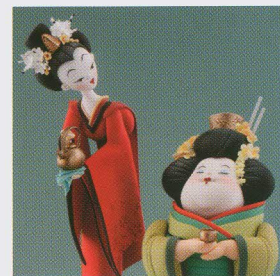
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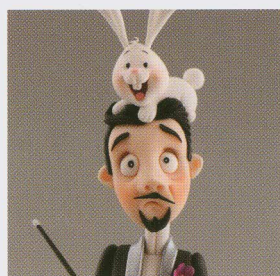
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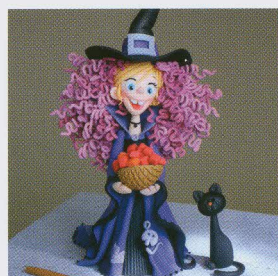
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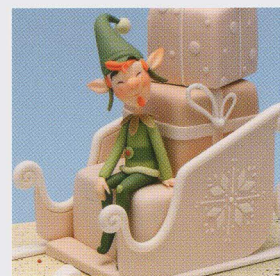
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# ESSENTIAL EDIBLES AND EQUIPMENT

## Equipment

You will need the same basic items for most of the projects in this book, so it is worth investing in any items that you don't already have. Any specific requirements for either edibles or equipment are listed at the beginning of each cake so make sure you have everything you need before you start a project. All of the items are readily available from sugarcraft suppliers, see page 264.

Cake smoothers (1)

Clear alcohol, e.g. gin or vodka (2)

Cocktail sticks (3)

Cornflour/corn starch/maize starch in a muslin bag (4)

Cutting wheel (5)

Dresden tool (6)

Edible food colours (SK) (7)

Floral wires (8)

Icing/confectioners' sugar (for dusting)

Kitchen paper

Non-slip mat (9)

Non-stick board (10)

Non-toxic glue stick

Paintbrushes for painting, dusting and gluing (SK) (11)

Palette knives, straight and cranked

Plain-bladed knife (12)

Plastic cake dowels

Pliers (13)

Polystyrene base and pieces (to use as support during drying)

Round cutter set (14)

Ruler

Serrated carving knife

SK Black/Brown Professional Food Colour Pen

SK Cutting Tool (15)

SK Edible Glue (sugar glue)

Small and large rolling pins (16)

Small, medium and large ball tools (17)

Small parchment paper piping bags (18) (see page 8)

Small scissors (19)

Toothbrush, new (20) (for paint effects, see page 54)

White vegetable fat/shortening (21)

Wooden skewers (22)

## How to make a cornflour dusting bag

A dusting bag is always useful for dusting the work surface evenly when you are going to roll out pastillage, flower paste or modelling paste, and can be used to dust your hands to keep them dry when you are modelling. However, when rolling out marzipan or sugarpaste to cover a cake, always use icing sugar rather than cornflour (see page 34).

## Edibles

1tbsp cornflour/corn starch/maize starch

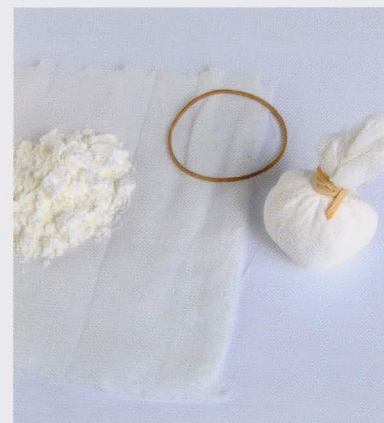
## Equipment

A piece of muslin

Elastic band

1 Cut a piece of muslin into two squares and layer one on top of the other. Place a full tablespoon of cornflour in the centre.

2 Bring the four corners together to create a bag and secure with an elastic band.









## How to make a paper piping bag

Paper piping bags are always useful when only a small amount of royal icing is needed. They are good for piping small amounts of royal icing into eye sockets, sticking pieces of dry pastillage together and piping details such as hair.

### Edibles

Royal icing (see page 29)

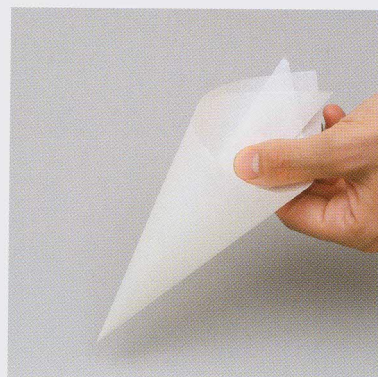
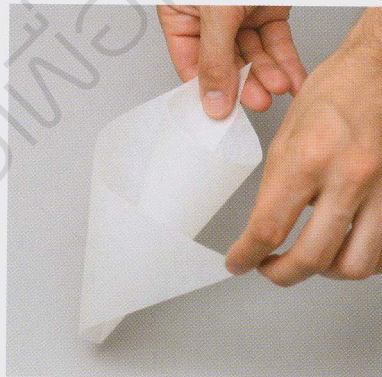
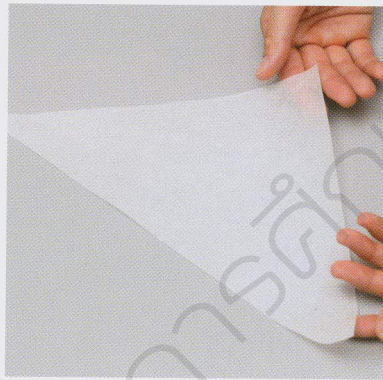
### Equipment

Parchment paper

Scissors

Piping nozzle (optional)

- 1 Take a triangle of parchment paper and fold it in half to mark the central point on the long side.
- 2 Bring one side of the triangle round to form a cone shape, ensuring that the point is in the centre of the long side.
- 3 Holding the first side in place with one hand, bring the other side around to complete the cone.
- 4 Hold the ends in place, ensuring that the points of the triangle are all at the back of the cone.
- 5 Fold the points over twice so that the bag holds its shape. If you are using a piping nozzle, snip off the tip of the bag and drop the nozzle into the bag, then half-fill the bag with royal icing. Once the icing is in the bag, squeeze it to the end then fold the top over again to seal the bag ready for piping.





# RECIPES

## Butter sponge cake

There are many recipes for butter sponge cakes that I personally like; you can try the one suggested here or use your own favourite. This is a classic Victoria sponge recipe that I often use as it gives a spongy consistency and a firm crumb for coating the cake with marzipan or sugarpaste (see page 34). This basic recipe for a vanilla-flavoured cake can be changed to chocolate, lemon, orange or walnut by adding extra flavours (see notes on variations overleaf).

### Ingredients

300g (10½oz) softened butter  
2tsp natural vanilla essence  
300g (10½oz) icing or caster sugar (I prefer to use icing sugar as it gives a finer crumb when baked)  
300g (10½oz) eggs (equivalent to 4 medium free-range eggs)  
300g (10½oz) self-raising flour or 300g (10½oz) plain/all-purpose flour with 2 level tsp baking powder, sifted

### Equipment

3 x 20cm (8") shallow round cake tins or rings  
Baking parchment  
Stand mixer with paddle attachment  
Rubber spatula  
Sieve  
Wire rack  
Cling film

1 Grease and line the bottom of each tin with baking parchment. Preheat the oven to 170–180°C/350°F/gas mark 4.

2 Cream the butter, vanilla essence and sugar in an electric mixer with the paddle attachment until light and fluffy. Scrape the bowl to make sure there are no lumps of butter stuck to the bottom.

3 Add one egg at a time, mixing well after each addition. (Don't worry if the mix curdles at first, this is normal as the butter can't emulsify properly with the addition of the extra water in the eggs.)

4 Stir in the sifted flour in two batches, mixing at a slow speed.

5 Scrape the sides and bottom of the bowl with a rubber spatula to make sure that all the ingredients are completely mixed and that there are no traces of flour left.

6 Split the mix into three tins and spread out evenly. Place the tins in the middle of the oven and bake for approximately 20 minutes. The cake is ready when it is light brown on top; if you insert a skewer it should come out clean. Another test is to gently press your fingers on the centre of the cake





and, if it is done, it should bounce back. If it's still wobbly put it back in the oven for a few minutes until it is completely baked.

**7** Once the cakes are baked, turn them out onto a wire rack and allow to cool.

**8** Once the cake is cold, wrap it in cling film to prevent it from drying out.

The following chart can be used as a reference when baking cakes of different sizes using the butter sponge recipe.

Tin size (round or square)	Amount of mix for 3 layers	Multiple of recipe
3 x 10cm (4") .....	400g (14oz) .....	$\frac{1}{3}$ .....
3 x 15cm (6") .....	800g (1lb 12oz) .....	$\frac{2}{3}$ .....
3 x 20.5cm (8") .....	1.2kg (2lb 10 $\frac{1}{4}$ oz) .....	1 .....
3 x 23cm (9") .....	1.6kg (3lb 8 $\frac{1}{2}$ oz) .....	1 $\frac{1}{3}$ .....

#### TUTOR TIP

The eggs should be at room temperature.

The butter should be soft but not melted. If you live in a warm country, keep the butter in the fridge until it is needed.

Always cream the butter with the vanilla essence or the citrus zest to achieve maximum flavour.



#### Flavourings

**Chocolate:** replace 70g (2 $\frac{1}{2}$ oz) of flour with 50g (1 $\frac{3}{4}$ oz) of a good quality cocoa powder.

**Lemon or orange:** add the zest of one lemon or one orange when you cream the butter and sugar.

**Walnut:** add 120g (4 $\frac{1}{4}$ oz) of chopped walnuts to the flour and fold into the mix.

#### TUTOR TIP

I prefer to split and bake the mix in two or three tins rather than using one as it produces an even shape and a lighter crumb. If you overfill a cake tin, the cake crumb becomes tighter and heavier than it should be. Bake as many layers of cake as necessary to reach the height required for the cake.



## Cake mix quantities

This chart shows the quantities of the sponge recipe used for the cakes in this book. The amount of cake mix given is enough to make a cake that can be split into three before baking. The amount of mix you use in the tins will depend on the height your layer needs to be, but remember not to overfill the tins with the mix or the cake will turn out heavy and doughy.

PROJECT	CAKE SHAPES/SIZES	AMOUNT OF MIX	MULTIPLE OF RECIPE (Chocolate cake or vanilla butter sponge)
Monty the Sheepdog	2 x 15cm (6") round	600g (1lb 5¼oz)	½
Buon Appetito!	3 x 15cm (6") round	800g (1lb 12oz)	⅔
Pigs Might Fly	15cm x 8cm (6" x 3⅛") dome	Light sponge sheets, see page 38	
Queen of the Kitchen	3 x 16.5cm (6½") square	800g (1lb 12oz)	⅔
Solar Superhero	18cm x 10cm (7" x 4") dome	See page 38 and note below	
Star Supreme	5 x 15cm (6") round	1.2kg (2lb 10¼oz)	1
To Have and to Hold	3 x 20.5cm (8") round	1.2kg (2lb 10¼oz)	1
Gentle Giant	5 x 15cm (6") round	1.2kg (2lb 10¼oz)	1
In the Dead of Night	3 x 15cm (6") square	800g (1lb 12oz)	⅔
Tea Ceremony	3 x 23cm (9") round	1.6kg (3lb 8½oz)	1⅓
The Illusionist	3 x 12.5cm (5") round	400g (14oz)	⅓
Santa's Little Helpers	2 x 15cm (6") square tins	600g (1lb 5¼oz)	½

\*For the Solar Superhero project I recommend lining the 18cm (7") dome shape with a light sponge sheet as explained on page 38, then build the cake with layers of butter sponge cake. This will give more support to the figurine when inserted into the cake.



## Light sponge

I use this recipe when using the sponge sheet technique to line the mould when assembling a cake (see page 37). I would always recommend making one small batch of the light sponge recipe at a time. The maximum number of eggs that I use for one batch is eight (double the recipe below), as that fits perfectly into any regular size electric mixer bowl and will still give your sponge a light and airy texture.

### Ingredients

4 large eggs, yolks and whites separated  
120g (4¼oz) caster sugar  
120g (4¼oz) plain/all-purpose flour, sifted  
1tsp vanilla essence

### Equipment

40cm x 30cm (16" x 12") baking tray, lined with baking parchment

Whisk

Spatula

Sieve

Palette knife

### Flavouring

**Chocolate:** replace 30g (1oz) of flour with 30g (1oz) of cocoa powder, then sift together and follow the recipe as for the vanilla sponge.

### Baking sponge sheets

When baking light sponge sheets in a 30cm x 40cm (12" x 16") tray, the height of the sponge will depend on the amount of batter poured into it. You can determine the thickness of the sponge by changing the amount of eggs used in the recipe: the more eggs, the deeper the sponge sheet will be.

Eggs (large)	Caster sugar	Plain flour	Baking time
3 .....	90g (3oz) .....	90g (3oz) .....	6 minutes .....
4 .....	120g (4¼oz) .....	120g (4¼oz) .....	6–8 minutes .....
5 .....	150g (5¼oz) .....	150g (5¼oz) .....	10–12 minutes .....
6 .....	180g (6¼oz) .....	180g (6¼oz) .....	12–15 minutes .....

Note: The average weight of a large, free-range egg is 60g (2oz).

### Baking sponge layers

Split the light sponge mix between two tins to produce an even shape and a lighter crumb. Bake as many layers of cake as necessary for the height required.

The chart below tells you how much cake batter you need for different tin sizes.

Amount of eggs (large) in recipe	Cake tins
3 .....	2 x 10cm (4") .....
4 .....	2 x 15cm (6") .....
5 .....	2 x 18cm (7") .....
6 .....	2 x 20.5cm (8") .....
7 .....	2 x 23cm (9") .....



1 Preheat the oven to 220°C/425°F/  
gas mark 7.

2 Whisk the yolks with 60g (2oz) of  
sugar and the vanilla essence at  
medium to high speed until thick and  
pale. Set aside.

3 In a separate bowl, whisk the  
whites at medium to high speed  
until light and fluffy. Incorporate the  
rest of the sugar into the whites while  
whisking at medium speed, until soft  
peaks are formed.

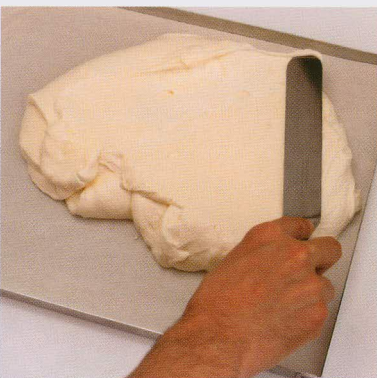
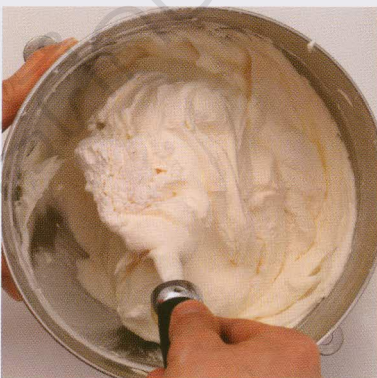
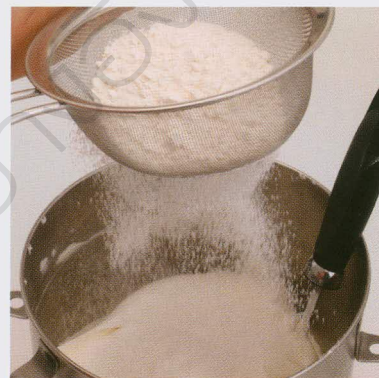
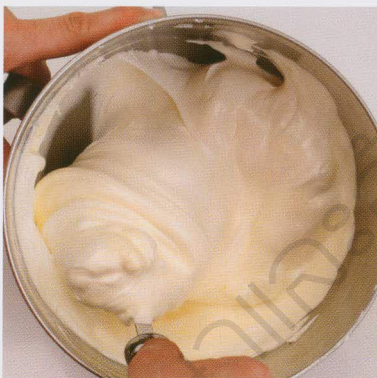
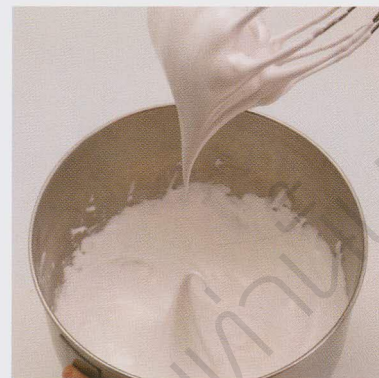
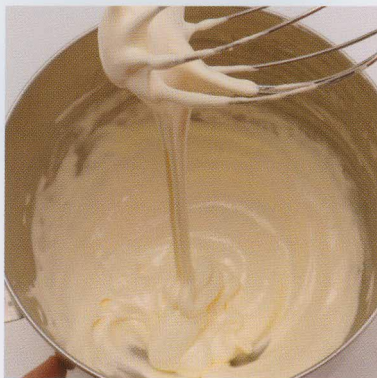
4 Fold half of the soft-peak  
meringue into the yolks. Once  
they are combined, add the rest.

5 Sift and fold the flour into the  
mix two or three times using a  
spatula.

6 Spread the batter evenly on the  
tray using a palette knife.

7 Bake for six to eight minutes until  
the surface is light brown and  
the sponge springs back to the touch.  
Remove from the oven, transfer to a  
wire rack and leave to cool. Wrap the  
sponge with cling film to prevent it from  
drying out.

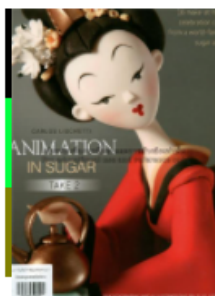
8 Store the sponge in the fridge or  
freezer until needed.






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