

CakeFlix

MASTER

Module 4 - Section 1 - Filler flowers

Objective: Create and tape a selection of filler flowers.

In completing each section the user will be able to:

- Check the cleanliness of the workspace and availability of required tools
- Use and store flower paste correctly
- Correctly condition the flower paste
- Have a good understanding of the method used to make filler flowers
- Correctly tape floral stems
- Create filler buds and tape into a small spray

Assessment criteria:

1. Ensure the cleanliness of the workspace and availability of required tools and ingredients
2. Correctly condition the cutting board before making flowers
3. Correctly condition the flower paste
4. Demonstrate how to correctly make filler flower petals
5. Demonstrate how to correctly make filler flowers
6. Demonstrate how to add ready made stamens to the flowers
7. Demonstrate the method on how to neatly apply florist tape
8. Create a decorative floral spray

You will Need:

TOOLS

Modelling tools

- Bone tool
- Cone tool

Cakey tools

- Small rolling pin
- Cel stick

Cutters

- Primrose cutter set (PME)

Paintbrushes

- No. 1
- No. 2
- No. 6

Other

- Tweezers
- Scissors

- Non stick mat
- Wire cutters
- Greaseproof paper
- Polystyrene (cake dummy)
- Sugar flower & Mexican foam pad
- Kitchen roll
- Food bag

INGREDIENTS

Petal dusts

- Primrose yellow - Sugarflair
- Foliage green - Sugarflair
- Pink candy - Rainbow Dust
- Snow drift - Rainbow Dust

Flower paste

- White - Squires Kitchen (400g packet used for full module)

Other

- White vegetable fat (Trex/Crisco)
- 2x Green 28 gauge wire
- Small white stamens
- Green florist tape
- Edible glue
- Tylo powder

Method:

- Rub white vegetable fat onto the board
- Condition the flower paste
- Cut a 28 gauge wire into four equal 9cm pieces
- Shape 1.5g of flower paste into a cone, the Mexican hat shape
- Place the large primrose cutter and cut out the pearl shape
- Frill and soften the ends of the petals with a bone tool
- Create an open hook at one end of the cut wires
- Pull the hook through, so it sticks in the trumpet of the flower
- Repeat the process, to create three large and three smaller flowers
- Dust the flowers
- Create two little buds on wires
- Tape the full length of the bud wires
- Add the first flower below the buds and tape all three wires together to form the stem
- Repeat the process adding and position flowers going down the stem
- Finish by bending the stem, which will open the flowers

Supporting Notes:

Sugar flowers are considered to be edible. Like all edible foods and products it is essential to always pay attention to personal and food hygiene regulations. Complacency should never set in, as bacteria can result in illness and a bad reputation that will be very difficult to recover from. Harmful bacteria need four main components to grow to harmful levels: Food, moisture, time and warmth. Ensure that all necessary precautions are taken to prepare foods in a clean environment. To say 'sorry' after the event, is just not good enough, so do not let complacency set in. A reputation that has taken years to build, can be lost in an instant through poor hygiene.

Before getting started, prepare the rolling mat by rubbing in a little white vegetable fat. Flower paste is the most firm of the media used in sugarcraft. Using icing (powdered) sugar

or cornstarch on the surface of the mat works well for other media, but with flower paste being so rigid, it will just slide. A light layer of white vegetable fat allows the flower paste to stick slightly to the mat, but can still be easily removed. White vegetable fat can also be added to flower paste to make it a little more flexible, however be careful not to add too much, as it will affect the setting properties needed to create rigid, beautiful flowers.

Flower paste will dry out very quickly, so it is important to ensure that any paste that is not being worked on is kept in a sealed bag or container. To make the flower paste soft and flexible, it must be massaged and worked between the fingers. This process is called 'conditioning' the flower paste.

To make the filler flowers start with two 28 gauge wire, with each cut into four equal 9cm sizes. Take a piece of approximately 1.5g conditioned flower paste, then roll using the fingertips to form a cone shape. The base of the cone is then to be massaged to form a wider base, with the middle slightly inverted. Place the piece on the mat, then gently roll the outer edges with the handle of a paint brush, to form a Mexican hat. Keep rolling to make the flower paste thin enough to be able to read through. Place the large primrose cutter over the top of the hat and press down firmly to ensure a neat cut. This is best achieved by turning the cutter, then rolling the cell stick across the edges, then finish by removing the excess by hand. The flower can then have a frill added by placing on a foam pad, then softening the edges with a bone tool. The petal leaves can then be stretched out further, before pressing in to define the centre using the cone tool.

The filler flower stem is made by using one of the 4 pieces of the 28 gauge wire cut earlier. To secure the stem to the flower, create a small open hook at one end of the wire using tweezers. Pull the stem through the centre of the flower with the hook last to come through. This allows the hook to catch onto the trumpet of the flower and set it in place. The flower can then be stuck into a piece of polystyrene and left to firm up a little, before adding to the stamens. Repeat the process to create three large flowers and three smaller ones.

Using non-edible stamens, which are readily available from cake decorating suppliers, trim a bunch of three to fit, then stick to the flower using edible glue.

The filler flower display will need two little buds. They are created using a tiny piece (approximately 0.5g) of flower paste rolled into a cone, then the desired bud shape. Place the bud on the end of a 9cm 28 gauge wire and repeat the process to form a second bud.

Colour can be added by dusting on some complimentary shades. Mix a little white dust with the stronger colours to soften them and make them more in keeping with the desired finished look. Sometimes it is the most subtle shade that makes all the difference.

Before creating the floral spray, the wires of the top flowers or buds need to be covered using florist tape. Florist tape comes in many colours, but when it comes to floral sprays for cakes, green and white are the most popular. When florist tape is stretched, it releases a glue within the tape that allows the tape to stick easily to the wires. Florist tape is quite wide, especially for smaller sprays, so it can be cut down the middle to provide two smaller strips. Start with the two buds. Starting at the top, neatly and tightly stretch the tape and twist around the wire, then tear off at the bottom. Make sure that the tape is neat and smooth otherwise it will not stick to the wire. Paul gives a detailed explanation and demonstration in the accompanying video.

Bringing all the flowers and buds together in a spray is the exciting part, where the decoration suddenly comes to life. Position the buds with one at an angle, then position the stems (wires) closely together. Bend the flower head, then position the first of the flowers below the buds. Tape the wires together to form a straight single stem. Repeat the process, carefully adding each flower, checking the positioning as you work down the stem. The spray can be made more lifelike by bending the stem, which will open the flowers. In floral art they suggest an odd number of buds and flowers in a spray. This is also taken into consideration when entering competition work.