SPUN SUGAR SPIRALS

Yield: 20-40

200g	White Sugar
60g	Water
15g	Liquid glucose (or light corn syrup)

METHOD

Prepare an ice bath, a bowl filled with cold water and ice cubes. Spray a wooden spoon handle with cooking spray.

Prepare a baking tray lined with parchment paper.

Add the sugar, water and glucose into a small pot

Place over low heat and stir the mixture gently until the sugar completely dissolves. Avoid splashing sugar up the sides of the pan. If sugar crystals form on the sides, use a wet pastry brush dipped in plain water to gently brush them down into the syrup.

Once the sugar is dissolved, turn the heat to medium. As soon as the mixture begins to boil immediately stop stirring.

Continue to cook over medium heat without disturbing, until the caramel reaches a very light amber colour. Using a candy thermometer, boil until the mixture reaches 320-330°F (160-165°C). This is the hard crack stage. Watch closely, as the sugar can burn very quickly.

As soon as the mixture reaches the desired temperature and colour, immediately remove the pot from the heat and plunge the bottom of the pan into the ice bath for 5 seconds to stop the cooking process.

Let the caramel cool for a few seconds until it thickens slightly.

To test if the mixture is ready, dip a fork or whisk into it and lift and a very thin, wispy strand of sugar can be pulled away. If it's too hot, it will just drip heavily. If it's too cool, it will harden and be unworkable. It should be like thick honey. It is important to work quickly as it becomes harder to spin as the sugar cools. Reheat the sugar on low heat for a few seconds if it becomes too thick to work with, to loosen it up enough to spin again.

Once you have created the spiral, gently slide it off the spoon handle and place on the prepared baking tray.

Use to decorate cupcakes, cakes or desserts.

Note: to remove any hardened caramel from the pot or utensils once you are finished, fill the pot with water, place the utensils in the pot and bring to a low boil until the caramel has dissolved.