

I'm not a robot























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Explore our latest gallery of Editors' Picks.Browse Editors' Favorites Very Soft Custard, unsuitable for a large tart In my last post, I had created some lovely 4-inch individual tarts filled with a soft custard. This custard was far softer than I had hoped, and would not have been usable for a larger tart. And this got me thinking about what filling I would use if making a larger tart. I have a most excellent Chocolate Mousse recipe that could not be any more simple. No cooking involved and it takes only minutes. Granted, it uses unsweetened cocoa powder. White chocolate doesn't come in "cocoa powder" form, so how then would I accomplish it? Could there be an easy and simple method for white chocolate mousse? I read through a dozen or so "easy" white chocolate mousse recipes. My regular chocolate mousse uses gelatin, and it sets just nicely so that it is creamy in the mouth, and without the feel of a gelled substance. I wanted to accomplish this, and wanted to err on the side of caution in how this gelatin was used. It needed to be just enough to make it hold its shape when piped; no more. One of the recipes I read used sheet gelatin. Which got me thinking. I bought some sheet gelatin about a year ago, but never got around to trying it out. I do not make gelatin based desserts or gelled anything, very often. I have seen sheet gelatin used in TV programs. I had seen it called for in some few recipes. Due to all these programs, finding sheet gelatin is now far easier than in the past. But in all my years, I had never once seen it or tried it, so I did some research. Two Sheets of Gelatin Sheet gelatin comes in - well - sheets, or leaves. They are crisp and thin and just like with powdered gelatin, need to be "bloomed" (hydrated in cold liquid for about 10 minutes) before using. Once bloomed, they need to be dissolved in hot liquid before using, yet not boiled. In using powdered gelatin, when blooming in liquid, this liquid (now absorbed in the powdered gelatin granules) must be taken into account along with the whole amount of liquid in the recipe. Using sheet gelatin, it must be bloomed in cold liquid also, but it is then removed from the cold liquid and added to the hot liquid to dissolve. Therefore, the cold soaking liquid gets tossed away and is not counted in with the whole recipe's liquid amount. The biggest difference is that sheet gelatin comes in differing strengths, requiring more, or less, sheets to accomplish the same thing. The four strengths are Bronze, Silver, Gold and Platinum. Bronze has the least gelling power and platinum has the most gelling power, per sheet. However, you must really use the sheets by weight, to calculate the amount of any of the sheets to use in substitution for powdered gelatin. Some recipes will specifically tell you which strength to use, but many will not. If there is no suggestion, then opt for Silver, which is possibly the most commonly used. There are also guidelines to each category's bloom strength and weight per sheet. Bronze: 125 - 135 / 3.3 grams by weight Silver: 160 - 220 / 2.5 grams by weight Gold: 190 - 220 / 2.0 grams by weight Platinum: 235 - 265 / 1.7 grams by weight Granted, this seems useless information, without anything to compare it with. Then I read somewhere that a packet (about 2½ teaspoon weight) of Knox gelatin weighs 7 grams. And then I got it. I got how I could compare what a particular sheet or sheets would do in comparison. Now this information made sense. One envelope of powdered gelatin will softly set 3 cups of liquid, medium set 2 cups of liquid or very firmly set 1 cup of liquid. One Platinum sheet - according to my package will set ½ cup liquid. Equal 6 more, or less, to accomplish your goal. Ultimately, it doesn't matter which grade of gelatin sheet you acquire, all that is needed is an adjustment in how many sheets to use, by weight. If a recipe calls for one whole packet of powdered gelatin (which is 7 grams total), then I can substitute: 2¼ sheets Bronze to equal 7.4 grams 2¼ sheets Silver to equal 6.9 grams 3½ sheets Gold to equal 7 grams 4 sheets Platinum to equal 6.8 grams At least, this is my own, personal calculation by gram weight. It is not 100% accurate, but should be quite close. Err on the higher side for more firm setting, or lower side for softer setting. White Chocolate Mousse, soft set When calculating the amount of gelatin for my white chocolate mousse, knowing I wanted the mousse to set and hold its shape, once piped into little shells, yet not have the completely firm "set" and mouthfeel of "Jello," I calculated on the low side. I wanted to give the whipped cream element a boost, so to speak, not to make it unmovable. My white chocolate mousse recipe uses approximately 1½ cups liquid, and uses 1¼ teaspoon powdered gelatin, or 3.5 grams. I would need to approximate that using the sheets. Considering that my Platinum sheet package states that each sheet will set ½ cup of liquid, I would look for a very soft set for a little over 3 times that much liquid and use half the 3+ sheets, going for lower setting power. I used 2 sheets (total 3.4 grams). Gelatin sheets have been mainly used in the domain of the professional kitchen. Until more recently, with all the wonderful TV programs out there, with their attendant cookbooks, and calling for sheet gelatin, it has become much more widely available. The main difference between sheet gelatin and gelatin powder is that the sheets have far less of a flavor and gelatin made with them comes out far more clear. If your goal is perfect clarity in your gelled substance, without any off flavor interfering, then sheets are what you want. Powdered gelatin has a definite flavor and does not yield such a perfectly clear outcome. What you want to set is opaque and highly flavored, that it makes little difference which type of gelatin is used. One Packet of Powdered Gelatin in a tabling measure Gelatin comes from collagen found in animals. Most commonly, gelatin is extracted from pig skin, though bovine gelatin (from skin or hooves) is also widely available. There is no true "gelatin" other than what comes from animals, although there are good vegan gelling agents, such as agar. This means that anything made with gelatin is unsuitable for vegetarians or vegans. Knowing dietary restrictions will also determine the type of gelatin to be used, whether porcine or bovine. As mentioned above, gelatin must be bloomed before using. This means it needs to be soaked in a cold liquid to hydrate, or "bloom" and then dissolved and melted into a hot liquid. Under no circumstances should the hot mixture be boiled once the gelatin has been added, as this can result in unreliable setting ability. Knowing about how to use gelatin does not mean it is going to work like magic on any liquid. There are various things that can cause the gelling action to fail. Many fresh fruits have an enzyme that inhibits gelatin's ability to set. These fresh fruits include pineapple, papaya, kiwi, peach, mango, guava and fig. Once cooked though, these fruits cause no more problems, as you may have seen if you've ever been exposed to Jello made with a can of fruit cocktail in it. Other things can also inhibit gelatin from setting: too high a temperature and prolonged heating (as noted previously), too high an alcohol concentration (above 40%), too high an acid content to the liquids to set, or too high a salt content. Gelatin will set if the liquid is within a pH range of 4 to 10 (7 is neutral pH). Citrus is acidic and if the citrus content is too high, your gelatin will not set. The same goes with too alkaline a liquid. One last thing of importance is that gelatin needs to be chilled to set completely, preferably 6 to 12 hours or more at below 59 degrees F. Gelatin Strengtheners Sugar and cream help gelatin firm up. Sugar pulls liquid out of the gelatin and cream is thicker on its own, aiding the thickening process. There is also a commercial setting promoter called transglutamine. I hope this article is not too confusing, and that it may help you tread these strange waters with more ease and confidence. My White Chocolate Mousse recipe, coming soon, will be using gelatin sheets, so this article may help prepare for it. My passion is teaching people how to create a harmony of flavors with their cooking, and passing along my love and joy of food, both simple or exotic, plain or fancy. I continue my journey in ethnic and domestic cuisines, continuing my journey to explore diverse culinary experiences and hopefully to start you on a journey of your own. Join me also at a Harmony of Flavors on Facebook, and Pinterest. Beef Gelatine Sheets We supply leaf gelatin in both Pork and Beef. Bronze strength, and will shortly be stocking both Silver and Gold pork leaf gelatine. This special form of gelatine is commonly known as Leaf gelatine, or sheet gelatine. It is great for use in all recipes that call for gelatine. It is widely used in professional kitchens, but is also perfect for the home chef, for making delicious desserts, confectionary, pates and other meat dishes. The gelatine is cut into squares and has a netlike pattern that is a result of the production process. At first glance, this and the elasticity of the sheets make sheet gelatine look more like an artwork. The great advantage of sheet gelatine is that it can easily be divided into portions according to recipe instructions and is thus easy to use during cooking. Triple chocolate and Raspberry Bavarois dessert made with leaf gelatine Sheets result in a clearer, more transparent final product than powder. Gelatine sheets come in four separate grades, which are bronze, silver, gold and platinum. Each grade is associated with various "bloom strengths," or their ability to set a gel. This means that gram for gram, platinum will set a stronger gel than gold, silver a stronger gel than bronze, etc. The bloom strength for each grade is: Bronze leaf gelatine Pork Bronze: 125-135 Silver: 160 Gold: 190-220 Platinum: 235-265 To compensate for the fact that one sheet has a higher bloom strength than another, each grade of gelatine has a different weight, making their overall ability to set a gel, more or less equal. For example: Bronze: 3.3g Silver 2.5g Gold: 2.0g Platinum: 1.7g Showing 1-8 of 10 results Whether it's granulated or in sheets, gelatin is one of the most widely used ingredients in any kitchen. Its low melting point and ease of use makes it one of the best gelling agents. But there seems to be quite a bit of confusion when it comes to conversion. If a recipe calls for gelatin so you use granulated or sheets? What about the Bloom strength? What if you don't have the correct bloom sheets? What's the meaning of life? All these questions will be answered by you when attempting to figure out what gelatin to use. So I'm surprised that we get asked: "How do I convert all the types of gelatin?" Let's take a look at sheet gelatin. Sheet gelatin comes in many different strengths in many different countries. The ratio for gelatin mass may vary across recipes. I part geatin in a recipe with a good default to assume is 1 part geatin powder to 2 parts water. For example, to make 60g of gelatin mass you will need 10 grams of gelatin powder and 50 grams of water.What are the benefits of using gelatin mass?Using gelatin mass can be beneficial for large productions as it can be prepared in bulk and in advance. Furthermore, users of gelatin mass have precise control of the water content which could vary when using gelatin leaves which will affect the consistency of recipes.Gelatin LeavesLeaves and sheets allow you to use gelatin without needing a precise scale to measure. They need to be soaked in cold water, squeezed to remove the excess water and then melted into the mixture to be set.How to use gelatin leavesTo use gelatin leaves, soak each sheet in cold water for at least 5 minutes to allow them to hydrate. Then squeeze the excess moisture out of the leaves and dissolve into your warm mixture. We use cold water to prevent the gelatin from dissolving. Make sure to place each sheet in the water one at a time so that there is water in between each sheet to allow them to fully hydrate.Gelatin Leaf TypesThere are 5 different popular types of gelatine leaves: titanium, bronze, silver, gold and platinum. Each leaf has a different weight and bloom strength. Gelatin leaves with higher bloom strengths will set firmer.Titanium Gelatin leaves have a bloom strength of 100 and weigh 5 grams.Bronze Gelatin leaves have a bloom strength of 125 and weigh 3.3 grams.Silver Gelatin leaves have a bloom strength of 160 and weigh 2.5 grams.Gold Gelatin leaves have a bloom strength of 200 and weigh 2 grams.Platinum Gelatin leaves have a bloom strength of 250 and weigh 1.7 grams.What are the benefits of using gelatin leaves?Many professionals use gelatin leaves because they set clearer and impart less taste than granulated gelatin. However, they are more expensive. 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