

SUGARS

STORAGE AND USES

FUNDAMENTALS OF FOOD SCIENCE

STORAGE OF SUGARS

STORAGE CONDITIONS :

- Store sugar in a cool , dry location .
- Moisture makes granulated sugar hard and lumpy .
- Always store all sugars in an odor free area .
- Sugar syrups should not be allowed to get too hot or freeze .

- Heat will also darken color and alter flavor in sugar syrups and honey .

Suggested containers :

- Food grade plastic buckets are a great option .
- Glass canning jars are also good option but take more space and easily broke.

USES IN COOKERY

- It is used as a sweetening agent in ice-creams and beverages like tea , coffee , cocoa , milk shake and sharbath and sweets .
- It lowers the freezing point which is important in making ice-creams .
- It is used in the form of syrup in preparations like gulab jamun and .
- In high concentration , it prevents the growth of micro-organisms . This principle is used in presenting jams and jellies .

- Sugars add bulk
- Caramel sugar is used in puddings to improve color and flavour
- It is used in making bread to increase the fermentation of yeast
- It gives not only sweetness but also body to the products like jam , pudding , fondant and ice-cream .
- It helps in improving the texture of cake and confectionary .