
How Sweet it is

Specialty sugars take their place in the culinary tool kit



Sugar is the new salt. In the last few years, chefs have experimented with sea salt, smoked salt, pink salt and more to pump up flavour. Now it's sugar's turn. Restaurants are sourcing this basic ingredient in exotic varieties to enhance food and drink.

Barbados or muscovado sugar is a British specialty with a very dark brown colour, nutty, caramel flavour, natural moistness and subtle molasses aroma. The crystals are slightly coarser and stickier than brown sugar.

Uses: BBQ sauces, relishes, glazes

Maple sugar is crystallized from maple syrup but pours and acts like granulated sugar.

Uses: Shortbread, tarte au sucre (sugar pie), caramelized onions

Coarse sugar is also known as pearl or decorating sugar. It is shaped into small pearl-like balls that are several times as big as granulated sugar crystals. It can be found in a variety of colours.

Uses: Cocktails, cookies, pastries

Demerara sugar is originally from Guyana. In the United States, this long-grained, unrefined sugar is sold as turbinado and produced in Hawaii.

Uses: Crème brulee, cornbread, chutney

Fruit and botanical sugars come in flavours like coconut, pineapple, mango, rose petal, anise, lavender and more; many are pastel in colour.

Uses: Glazes, rubs for meat and seafood, cocktail glass rims, fruit salad, crepes, jams and marmalades

Source: excerpted from Restaurant Business, May 2009



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