

**COLD SOUFFLE**  
Gelatine forms a gel.



**SET**



**QUICHE**  
Egg is mixed with other ingredients, then baked.



**BLANCMANGE**  
Cornflour is boiled with milk and flavourings, then cooled.

**JAM**  
Pectin mixed with sugar and acid forms a gel.



Product / Ingredient	How?	Why?
Blancmange / Cornflour	blend cornflour with a little milk and sugar to a smooth paste, gradually add to hot milk, stir and heat to boiling point - allow to cool	the corn starch grains swell and rupture, releasing starch which absorbs the liquid, the mixture sets on cooling
Cold Soufflé	mix gelatine with a little warm water until it has dissolved, add to remaining mixture slowly to avoid lumps forming	the gelatine swells, forming a network which traps water forming a gel
Quiche	mix egg with other fillings, pour mixture into pastry case and bake	on heating the egg protein coagulates, setting the mixture
Jam	heat fruit and sugar, add extra pectin, water and citric acid if needed - boil until setting point is reached - allow to cool	the pectin, sugar and acid form a gel which traps the water