



Product / Ingredient	How?	Why?
Sauce / Flour	blend the flour with melted fat, gradually add the liquid, stir and heat to boiling point	starch granules in the flour swell, rupture and release starch which absorbs the liquid causing the mixture to gelatinise
Egg custard / Egg	add beaten egg slowly to the milk and sugar mixture, heat gently, stirring continuously until thick	the egg coagulates on heating and thickens the mixture
Soup / Potato	combine chunks of potato with other solid ingredients, add liquid and heat	potato starch is released from the cells on heating and absorbs liquid which gelatinise and thicken the soup
Syrup / Sugar	heat sugar and water (or fruit juice) together, reduce the mixture to the thickness required	the water evaporates and the mixture caramelises producing a syrup