



TYPES OF CASHNI/PAAK/SUGAR SYRUP

BY

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SUGAR SYRUP, ALSO KNOWN AS PAAK OR CHASHNI, IS THE FOUNDATION OF INDIAN SWEETS (MITHAI).

GENERAL INFORMATION

ANY SUGAR SYRUP IS CALLED PAAK.

COOKING SUGAR SYRUP ON LOW HEAT IS SAFER, ESPECIALLY FOR BEGINNERS, BECAUSE SUGAR DISSOLVES QUICKLY AND CAN CRYSTALLIZE IF OVERHEATED.

MILK IS SOMETIMES ADDED WHILE BOILING THE SYRUP.

REASON: SUGAR IS CHEMICAL-BASED. A MILK + WATER MIXTURE PREVENTS URIC ACID FORMATION IN THE BODY.

IF CRYSTALS FORM IN THE SYRUP:

ADD A FEW DROPS OF LEMON JUICE, OR WIPE THE SIDES OF THE PAN WITH A WET CLOTH.

A WELL-PREPARED SYRUP GUARANTEES A PERFECT SWEET.

ALWAYS DO THE FINGER TEST WITH CLEAN & DRY HANDS TO CHECK CONSISTENCY.

THE 6 STAGES OF SUGAR SYRUP

1. SIMPLE SYRUP (NO THREAD / STICKY STAGE) SUGAR 1 CUP WATER 2CUP

CONSISTENCY: STICKY LIKE HONEY OR OIL, NO THREAD FORMATION.

TEMPERATURE: 90°C – 100°C

INDIAN SWEETS: GULAB JAMUN, RASGULLA, KALA JAMUN, RABRI-SOAKED SWEETS.

OTHER USES: SOAKING SPONGE CAKES, SHERBETS, COCKTAILS, MOCKTAILS.

PRO TIP: THE DROP SHOULD FALL SLOWLY FROM THE SPOON.

ONE-THREAD SYRUP (1 TAAR) SUGAR 1 CUP WATER ½ CUP

2.

CONSISTENCY: ONE THREAD FORMS WHEN TESTED BETWEEN FINGERS.

TEMPERATURE: 105°C

INDIAN SWEETS: JALEBI, IMARTI, BADUSHA, GUJIYA, SOME HALWAS.

OTHER USES: FRUIT GLAZING, NUT COATING, FUDGE, CRUNCHY COOKIES.

PRO TIPS: PRO CAN CHECK BY THE SPOON-DROP TEST (THE LAST DROP SHOULD FALL SLOWLY).

3. TWO-THREAD SYRUP (2 TAAR) SUGAR 1 CUP WATER ½ CUP

CONSISTENCY: TWO THREADS FORM BETWEEN FINGERS.

TEMPERATURE: 112°C – 114°C

INDIAN SWEETS: PEDDA, MILK CAKE, SANDESH, CERTAIN BURFIS (LIKE COCONUT BARFI).

OTHER USES: MARSHMALLOWS, NOUGAT, PRALINE, PISTACHIO BUTTER (KUNAFI).

TIPS: ADD 2–3 DROPS OF LEMON JUICE IF NEEDED. USE MILK + WATER WASH TO PURIFY SYRUP.

4. THREE-THREAD SYRUP (3 TAAR) SUGAR 1 CUP WATER ½ CUP

CONSISTENCY: THREE THREADS FORM WHEN TESTED.

TEMPERATURE: 125°C – 130°C

INDIAN SWEETS: CHIKKI (PEANUT BRITTLE), TIL GAJAK, REWARI, TOFFEE-STYLE MITHAI.

OTHER USES: TOFFEE, CANDY, LOLLIPOP, PRALINE.

5. CRYSTALLIZATION STAGE

CONSISTENCY: SUGAR CRYSTALLIZES INTO A SOLID, GRAINY FORM.

TEMPERATURE: JUST BEFORE CARAMEL STAGE (~135°C, DEPENDING ON PURITY).

INDIAN SWEETS: MISRI (ROCK SUGAR), BATASHA, SUGAR GARNISHES.

OTHER USES: CANDY ART, SUGAR DECORATIONS, GARNISHES.

TIPS: VERY ATTRACTIVE BUT TRICKY TO HANDLE.

REMOVE FROM HEAT JUST BEFORE CRYSTALLIZATION POINT.

6. BHURA KHAND (POWDERED SUGAR STAGE)

CONSISTENCY: SUGAR IS COMPLETELY CRYSTALLIZED INTO FINE, SOFT, SANDY GRANULES (POWDERED SUGAR). COOK THE SYRUP FURTHER AND STIR CONTINUOUSLY UNTIL IT CRYSTALLIZES INTO A LIGHT-BROWN, POWDERY SUGAR. OFTEN OBTAINED BY CONTROLLED CRYSTALLIZATION AFTER THE SYRUP COOLS.

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INDIAN SWEETS:

LADOO (BOONDI LADOO, BESAN LADOO, MOTICHOOR) THE FINAL BINDING STAGE REQUIRES BHURA SUGAR.

KHOYA-BASED SWEETS LIKE PEDA (DARWAD, MATHURA)

COATING SWEETS FOR A MATTE FINISH.

ENHANCES SHELF LIFE COMPARED TO LIQUID SYRUP SWEETS.

APPLICATIONS BEYOND INDIAN SWEETS

SUGAR SYRUP STAGES ARE USED NOT JUST IN INDIAN SWEETS, BUT ALSO IN BAKING CONFECTIONERY.

STAGE 1 (SIMPLE SYRUP): SPONGE SOAKING, SHERBETS, COCKTAILS, MOCKTAILS.

STAGE 2 (1-THREAD): GLAZING FRUITS, NUT COATING, FUDGE, COOKIES.

STAGE 3 (2-THREAD): MARSHMALLOWS, NOUGAT, PRALINE, NUT BUTTERS.

STAGE 4 (3-THREAD): TOFFEES, CANDIES, LOLLIPOPS.

STAGE 5 (CRYSTALLIZATION): SUGAR GARNISHES, CANDY ART.

STAGE 6 (BHURA KHAND): DRY-COATED CHURROS, TRUFFLES DOUGHNUTS.

IMPORTANT STEPS :

ALWAYS TEST WITH CLEAN, DRY FINGERS.

LOW-HEAT COOKING PREVENTS BURNING OR PREMATURE CRYSTALLIZATION.

LEMON JUICE + WET CLOTH = BEST REMEDIES FOR CRYSTALLIZATION ISSUES.

THE THERMOMETER HELPS, BUT EXPERIENCE + VISION ARE MOST IMPORTANT.

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