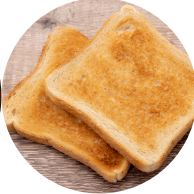


The Maillard Reaction



Pronounced “*Myard*” Reaction (it’s really a group of reactions) between amino acids (the building blocks of proteins) and reducing sugars. For example: glucose, galactose, fructose, and lactose and maltose.

The result of this reaction is the browning of food via the creation of compounds known as melanoidins, which are pigments-natural colouring.



Though you’d think Caster Sugar might provide the reducing sugar for many of our baking recipes it can’t do it in it’s current form which is sucrose.

For Caster Sugar to work as the non reducing sugar in the Maillard reaction, it needs to be hydrolyzed (a reaction with water, heat and an acidic element) to break the bond between the glucose and fructose (which are both suited to the Maillard Reaction).



Brown sugar is a reducing sugar as it is a mixture of sucrose and residual molasses and it is the molasses which contains reducing sugars like glucose and fructose.

