

USE OF FLAVORING AGENTS IN BAKERY AND CONFECTIONERY



Who does not like to savor a sweet piece of a chocolate cookie while leaving for work, or have a strawberry cheesecake snuggled into a warm blanket on a rainy evening, or have kaaju katli after lunch, or indulge into the smooth flavors of a ras malai after a long tiring day?

These sweet and sumptuous flavors increase the palatability of these food items that is why we feel so much at comfort after consuming them. Flavors and fragrances are a vital constituent of human food. Flavoring agents have their usage in a lot of bakery items and confectionery like cakes, pastries, sweet sauces, chocolates, yeast dough, candies, etc. Even all the delicious Indian sweets like rasgulla, ras malai, kaju katli, gulab jamun, mysore pak and all types of barfis have flavours in them.

However, there are different types of flavoring agents used according to the types of the food item being prepared. Let's have a look at the magical flavoring agents which add delicious tastes for our taste buds:

Extracts

Vanilla and almond are the two most common extracts used in the kitchen. They are commonly used in cakes, pastries, fillings, buttercreams and yeast products. They are

concentrated solutions made from special ingredients and also contain a solvent as a base. They can exist as identical to natural extracts, or also as an artificial extract made synthetically to imitate the pure ones. There are a lot of flavor extracts for instance green apple used in patisserie, blackberry, black-current, blueberry and many more.



Emulsions

Emulsions are homogenized mixtures of aromatic oils plus water, emulsifier and stabilizer. They are normally more concentrated than extracts and do not lose their flavor in the microwave. They are commonly used in bakery, dairy, carbonated drinks and food items. Flavors like mango, pineapple, peach, apricot, dark chocolate are used.



Essence

They are the products derived from the steam after the distillation process of fruits, plants, and spices. We need only a few drops to enhance the flavor as they are highly aromatic. They are in thousands of numbers from coconut to almond to peppermint to vanilla essence used in a lot of sweets and ice creams.



Aroma

Flavors that have an oil extract base also add to the tastes of a lot of food items. They are derived from herbs, vegetable, or a spice. They are commonly used in creams, ice creams, sauces. They are often more expensive than other alcoholic extracts but turn out to be purer and finer in flavors and fragrances.



Oils

Oils such as candy oils, citrus oils, and flavored oils can be used in a bakery. They have a very strong fragrance, and should not be confused with vegetable oils. They are obtained from rinds of lemons or oranges, or outer surface of apricots, flowers or plant leaves. They do not contact water or alcohol as a base. They are generally more concentrated and expensive than extracts. They can be used to add flavor to chocolates or candies. Use of oils of saffron, plum, cinnamon, apple, Chinese orange, peach and almonds flavours are also very common.

There are other essential oils which are used in soaps, diffusers and aromatherapy which are not edible and cannot be used in cooking or baking.



Powders

Very often powders are used in bakery as one of the primary or secondary ingredients. They are obtained by grinding either spices or herbs of various kinds. Commonly used powder for adding flavors to the bakery items are chocolate powder, cocoa powder, cinnamon powder, instant espresso powder and many more.



It is essential to come up with exciting flavors since a huge variety of products are currently available in the market. We get the importance of sweet savories and diligently make them delightful for you.

Visit our official website Gupta & Company Pvt. Ltd. and get connected on [Facebook](https://www.facebook.com/) and [Twitter](https://twitter.com/) to get more details on the production, availability and benefits of various flavoring agents.

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