



Red Blood Cell Cupcake Tutorial by DENISE BAKES CAKES

Here it is!! This tutorial will show you how to make Red Blood Cell Cupcakes.

NB: You will need to make the red blood cells the day before.

This tutorial is based on a cupcake recipe which makes 12:

You will need:



- (Not Shown) Vanilla Cupcake batter enough for 12 cupcakes-use your favourite recipe. I use the recipe from The Primrose Bakery book
- Icing Sugar
- Red Sugarpaste/Fondant-at least 250g
- Strawberry or Raspberry Syrup
- Red food colouring-it is better to use paste as opposed to liquid. I use Wilton Red No Taste Colouring.
- Tylo/CMC powder-this is added to the Sugarpaste/Fondant to give it some strength. 1 teaspoon to 250g of Sugarpaste.
- Circle Cutter. I use a coupler-a piece of equipment added to a piping bag to ensure easy changing of piping tips. It doesn't have to be this; just make sure the diameter measures no more than 1.5 centimetres
- Rolling Pin
- Ball Tool for use on Sugarpaste/Fondant
- Cupcake Cases and trays (not shown)
- Baking tray lined with greaseproof paper
- (Optional) Edible Glaze

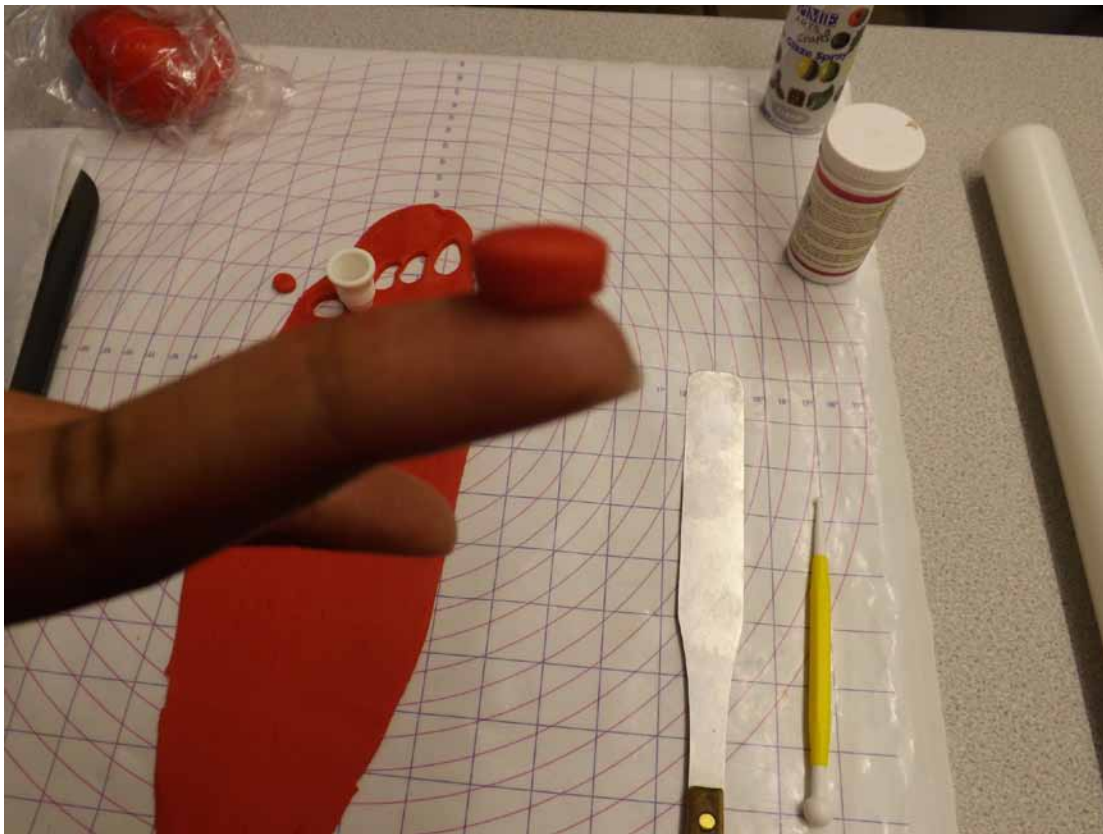
Method

You will need to make your red blood cells the day before you need them:

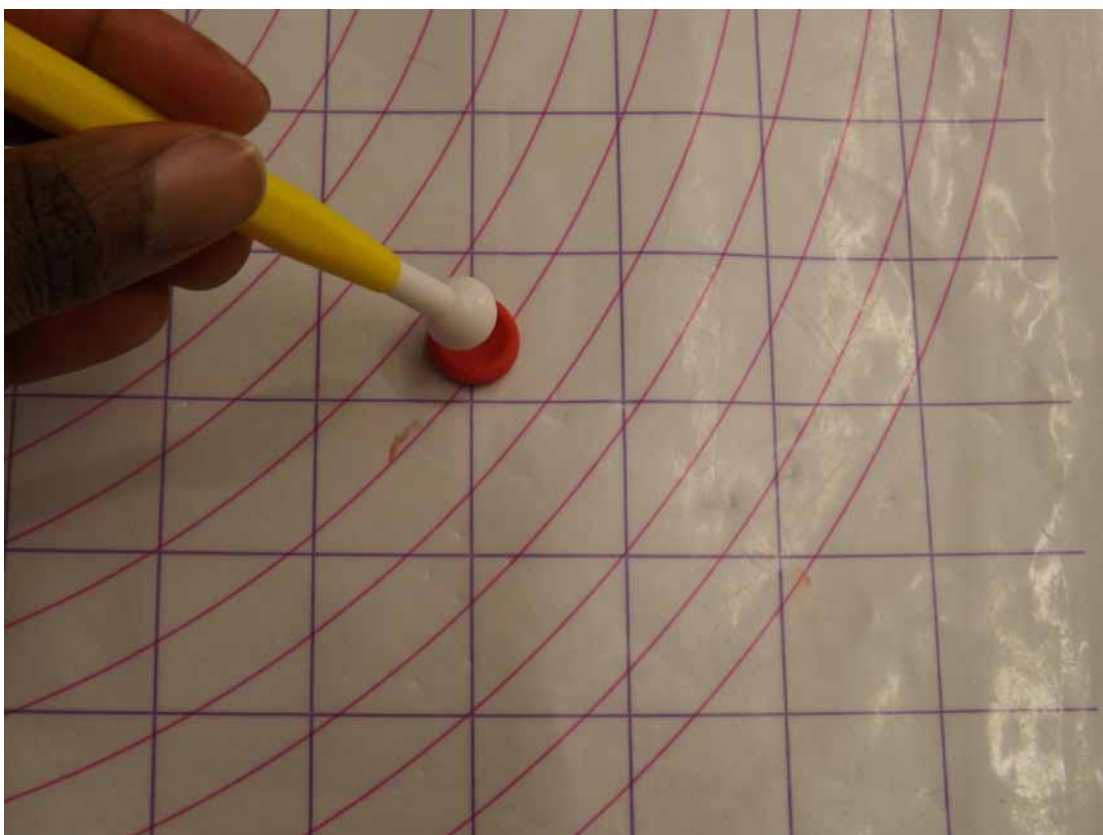


Add Tylo/CMC Powder to the sugarpaste/fondant and knead in. Leave for 30 minutes.

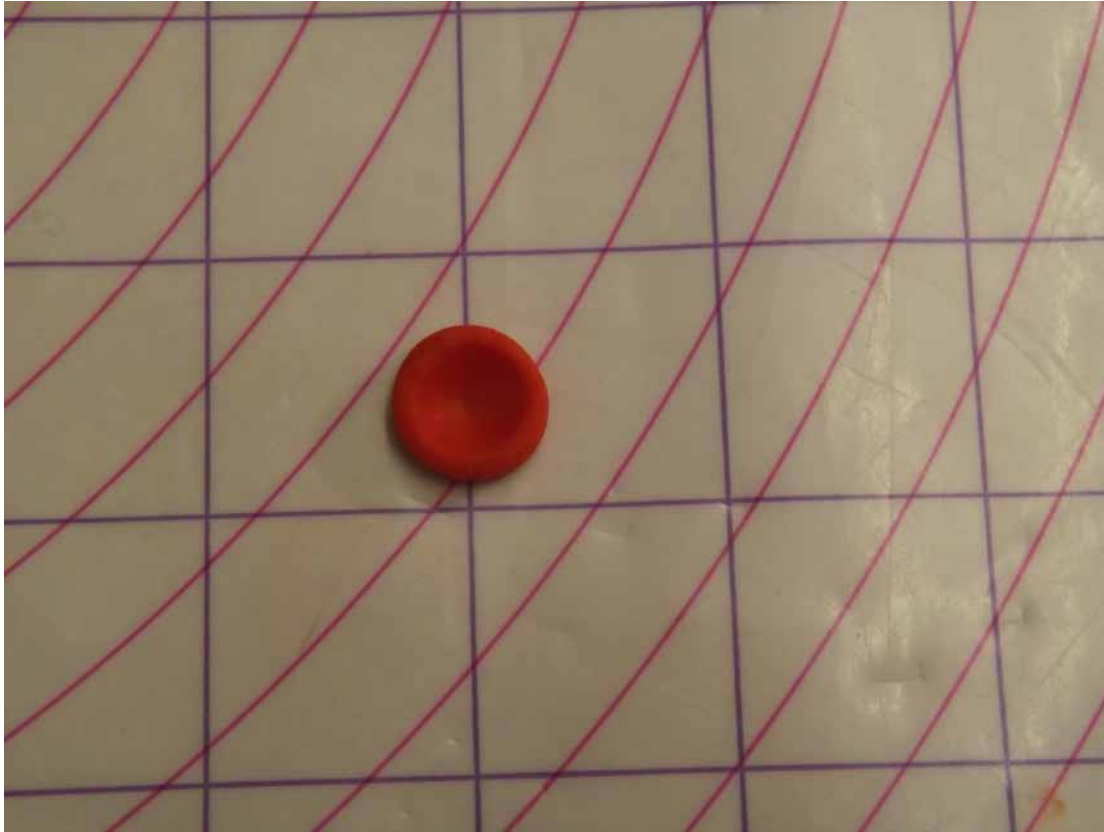
Roll out the sugarpaste/fondant out to around 0.5 centimetre thickness and start cutting out your cells.



Oops not a very good pic but they should be this thick.



Use the ball tool to make an indentation in the circle.



Like this.



Keep going until you feel you have enough. I tend to put 5-8 red blood cells on each cupcake. Let them dry for 30 minutes, then-if using-spray with edible glaze. I feel this gives a nice finish to the cells, but don't worry if you don't have any as the next day we will be dousing them in a bloody syrup.

Leave the cells overnight.

Next day-time to make the cupcakes. Use your favourite vanilla cupcake recipe.



Now if you don't want too much red, you can leave the batter like this and bake as normal.



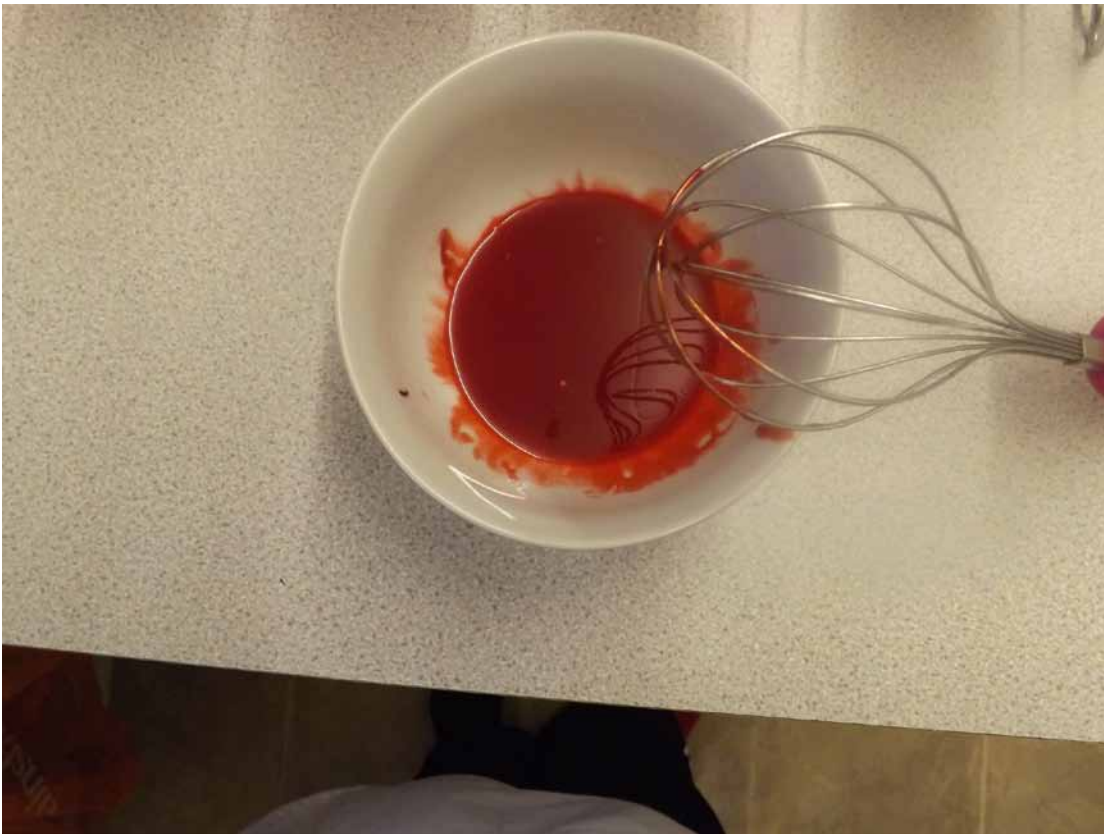
For those that do, add 2-3 teaspoons of red food colouring-as I said before I recommend Wilton No Taste Red Paste. Stir in well. Leave to develop for 15-20 minutes. Your batter should look like this



Place them in cupcake cases and bake according to your recipe



After they have been baked, they will look like this
Leave them to cool, in the meantime make your bloody syrup



The syrup needs to be runny as you will be dipping each of the cells into it then placing it onto the cake.

You need:

50ml water

½ teaspoon icing sugar

Dash of Strawberry or Raspberry syrup

1 teaspoon food colouring.

Whisk together.

You may have to adjust these measurements slightly.

Dip the cells into the mixture and add on top of the cupcakes.



There you have it! Red Blood Cell Cupcakes!!

I hop you enjoyed this tutorial.



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