

STEM in Food Science in Technology and Living

Sugars

Browning of sugar

- Caramelisation: heating of sugars
 - sugars start to melt when heated
 - if heating continues and the caramelisation temperature is reached, the melted sugars will become smooth and glossy, then start to caramelise
- Fructose starts to caramelise at a slightly lower temperature of 110°C when compared to sucrose at 160°C



Learning activity

Caramelisation of different sugars

Heating of Fructose

~110°C



~130°C



~155°C



Heating of Sucrose

~110°C



~130°C



~160°C



~180°C



Related Food Tests

Food Test Number	Food Test
Food Test 14	Caramelisation of sucrose and fructose