

Folding

Kitchen

Combining without losing the air you just whipped in.

Used whenever something aerated meets something heavier.

1

Lighten the heavy mixture first

Stir in a quarter of the light one. It makes the rest fold in more easily.

2

Add the rest in two goes

Not all at once.

3

Use a large spatula

Cut down the centre, along the bottom, up the side and over.

4

Rotate the bowl

A quarter turn between each fold.

5

Stop early

A few streaks are better than a deflated mixture.

WHERE IT MATTERS

Soufflés

Mousses

Genoise sponge

Meringue into anything

Every fold loses some air. The goal is the fewest folds that combine, not the most thorough mixing.