

## FRENCH SIMPLE SYRUP ( 30 BAUMÉ )

### The Recipe

<https://cuisinedaubery.com/recipe/french-simple-syrup/>

A French syrup called "à 30 Baumé", used in French pastry recipes

Preparation Time: 1 Minutes

Cooking Time: 5 Minutes

Ready in: 20 Minutes

Skill: Easy Level

Cuisine: French Cuisine

Courses: Base,

### Ingredients

#### **For 500 g ( 1 lbs 2 oz ) of Syrup**

1 Cup Water (213 grams)

1 1/4 Cup Sugar (287 grams)

\*For a flavored syrup

A fruit-based spirit

Or: Kirsch

Or: Rum

Or: Cointreau

#### **For 250 g ( 9 oz ) of Syrup**

1/2 Cup Water (106.5 grams)

2/3 Cup Sugar (143.5 grams)

\*For a flavored syrup

A fruit-based spirit

Or: Kirsch

Or: Rum

Or: Cointreau

#### **For 750 g ( 1 lbs 11 oz ) of Syrup**

1 1/2 Cup Water (319.5 grams)

2 Cups Sugar (430.5 grams)

\*For a flavored syrup

A fruit-based spirit

Or: Kirsch

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Or: Rum

Or: Cointreau

### **For 1 kg ( 2 1/4 lbs ) of Syrup**

2 Cups Water (426 grams)

2 1/2 Cups Sugar (574 grams)

\*For a flavored syrup

A fruit-based spirit

Or: Kirsch

Or: Rum

Or: Cointreau

### **For 2.35 kg ( 5 lbs 3 oz ) of Syrup**

4 1/2 Cups Water (1 kilogram)

6 Cups Sugar (1.34 kilograms)

\*For a flavored syrup

A fruit-based spirit

Or: Kirsch

Or: Rum

Or: Cointreau

## Steps

1. Mix the Sugar (1 1/4 Cup or 287 g) and the Water (1 Cup or 213 g) in a saucepan
2. Stir before cooking and not during the boiling to avoid cristallisation !
3. Cook and bring to the boiling point
4. Do not use a spatula during the cooking!!

While cooking, the syrup will splash little droplets on the sides of the saucepan, which is dangerous as they may fall into the syrup and crystallize it !

5. To avoid crystallization, dip a brush in a glass of water, and clean the droplets
6. Cook a few minutes
7. Check the temperature : Let boil until 220 F / 105 C
8. Remove from heat when the temperature reaches 220 F / 105 C
9. Transfer the syrup to a heat resistant glassware like Pyrex

### **For a flavored syrup**

10. If you want to add a flavor, do it after cooking. You may use Kirsh, Rum, etc...  
You may use a non-alcoholic flavor such as a flavored syrup (like Monin)