Plumeria

by Chef Nicholas Lodge

This beloved tropical flower, the Plumeria, comes in many color variations. I will be using my Flower Pro moulds by Katy Sue Designs, NL FlexiPaste, dusting powders by Sugarin and my own exclusive NL Collection products. For links and more, please see the notes at the end of these instructions.

Flower:

1: Measure off 5x No. 7 small balls of paste; white or color of choice.
2: Lightly rub right hand side curved Cymbidium Orchid Sepal with vegetable fat/shortening.
3: Press paste into mould using cosmetic sponge, then FlexiScraper, remove and turn over onto the green side of NL Mini Pad or a piece of Fun Foam and widen the two sides using the shaft of the Companion Tool to make approximately 25 mm (1") across, turn over to soft black side of pad and press Fan Veiner on back of petal then soften slightly and turn over and curl the left hand side of the petal as shown over the shaft of the Companion Tool. Add some extra lines on the right hand side using the needle end of the Companion Tool.
4: Place into zip-top bag on a piece of Fun Foam or silicone mat, etc. to make it easier to slide in and out of the plastic bag and place a spoon or small container in the bag to create a tent. Continue until all 5 petals have been completed.
5: Decide on the former you will be using to determine how open or closed you want the flower to be and cut a 5 cm (2") piece of 22 g white wire to have ready.
6: Take first petal out and lay on pad or Fun Foam, brush with FlexiGlue (egg white) at bottom right hand side approximately 20mm (3/4").
Press second petal on top.
On third petal dip wire into FlexiGlue and insert into petal 6 mm (1/4").
Pinch lightly at base then continue with 4th and 5th petal.
7: Brush more FlexiGlue on 5th petal, turn around and form into a cone shape pinching at base. Place into former and allow to dry.
A tighter flower can be created by making the fan tighter and drying in a cone former or a paper shaved ice cone. Let dry 2-3 hours or for 1 hour in a food dehydrator, then turn over and remove the former and continue drying.
8: Once dry, in the hole in base you will drop a No. 2 small ball of paste in the center and using the ball end of the Companion Tool (no glue needed). Do this only if needed, and you can fill in the base with FlexiPaste and a wet finger.
9: Bend wire a little to straighten and add a 22 g wire to the base of the flower and tape down with half-width light green floral tape, taping down and up 3 times.
9: Take No. 4 ball of foliage green FlexiPaste (left over from the leaves) and make a hole using the Companion Tool and slide up the wire and form an oval shape ovary/calyx using a little glue to secure and allow to dry a little.
10: Dust over flower using Super Pearl – corn flour/cornstarch in a 1 to 1 ratio and dust Daffodil in center and in stripes and Lemon Yellow in the very center.

Dust pale Chocolate at the base of the flower or bud and about 1/3 way down the stem then add American Beauty Pink at the base of flowers and bud then add Prairie Green around calyx. Steam to set color and achieve a realistic look.

Buds:

1: Taking a 24 g white wire and half-width white floral tape go around 5 times, make a hook and go around another 5 times, break off white tape and tape down the wire with half-width light green tape.
2: Taking No. 6 and 7 small balls of paste, brush with egg white and insert into paste, mould at the base and then create a carrot shape 2.5cm (1") for No. 6 and 32 mm (1.25").
3: Place on soft side of Mini Pad and using needle end of Companion Tool score at an angle from the bottom to the top and repeat another 4 times.
Twist to create a spiral bud and allow to dry.
4: Tape down and up to thicken the stem as you did for the flower and repeat as flower adding oval shape ovary.
5: Dust Pearl/starch as for the flower then add the pale Chocolate / Pink / Green as for the flower back.
Assemble flower and buds together using 20 g half-length wire and white half-width floral tape and go down, up and down then texture with scissors.
Dust with Chocolate and steam.

Leaves:

1: Take a piece of parchment paper or waxed paper and trace the shape of the large lily leaf and cut out. Rub vegetable fat/shortening in the mould and place paper into mould.
2: Take No. 9 ball of Foliage Green FlexiPaste and roll into a sausage 3/4 length of the cavity, flatten and dust with cornflour/cornstarch and place into the cavity, press to edges with a cosmetic sponge. Create ridge and insert 24 g white wire that been dipped into egg white half-way into paste, press Multi Leaf Veiner (left raised vein side) onto leaf staring at top then move down to base. Mark any lines a little more using the companion tool to define.
3: Remove from mould, remove paper and mould at base, soften back and hollow base of leaf with the shaft of the Companion Tool then pinch into a "taco shape", curl edge of leaf if desired and place into multi-purpose /ice tube former or use aluminum foil that has been crimped into a "V" shape and allow to dry. (This leaf is used for a magnolia leaf as well.) Let dry.
4: Tape down, up and down using half-width white floral tape approximately 2.5 cm (1").
5: Dust back of leaf Apple Green, front of leaf white stripe down center then Forest Green on the edge of front, Forest Green also is dusted in a stripe down the back of the leaf, pale Chocolate on white floral tape and steam and brush with glaze or spray with lacquer.

Assembly:

Assemble flower/bud on 20 g wire about 5 cm down stem with half-width white floral tape going down and up, then texture with scissors and dust Chocolate Brown on white floral tape and base of green tape using some prairie green dust and steam to set dust and allow to dry before handling.
Add the finished leaves, dust and lightly spray with spray lacquer.

Small Plumeria:

1: Use 5 No. 5 balls of paste, press into left hand dendrobium wing petal, press fan veiner on top, remove, softer on back, curl on front and assemble as for the larger flower but use a 26 g wire and dry in mini funnel.
(For the mini plumeria follow directions in Flower Pro Book 1 on page number 46. Alos, watch my YouTube video.)

Buds:

See Flower Pro Book Number 1, but make larger buds.

Leaves:

Use Flower Pro Blossoms Mold for the leaves.

Small Hibiscus:

Center:

1: Taking a 24 g white wire or carved ended toothpick, (or use dry spaghetti for an edible version,) and brush with white glue. Take No. 6 ball of paste and insert wire or toothpick and stretch down to 5 cm (2”) and bend wire slightly.
2: Take some small yellow stamens and cut 3 to 5 mm (3/16”) and insert into top, then approximately another 16 cut to 10 mm (3/8”) and insert into center area of the center and allow to dry little.
3: Brush stamens with confectioners glaze and dip into yellow pollen as shown on the video. You can cut the stamens using Spring Action Scissors and let dry and brush with glaze and dip in yellow pollen to make a totally edible flower with a strain of dry spaghetti.

Petals:

1: Repeat as for plumeria petals except:
A: Use left hand cymbidium orchid petal.
B: Widen on the back and use the Fan Veiner.
C: Turn over and frill/soften less veined side the top 2/3.
D: Turn over onto a cosmetic sponge and vein down center using the Companion Tool.
E: Once assembled, drill a hole in the base using the Companion Tool and insert pre-made center using FlexiGlue.
F: Add calyx use No. 5 in small Forget-Me-Not or small calyx cutter.
G: Buds using smaller orchid buds.
H: Use L or XL Rose Leaf Cutter and Multi-Leaf veiner.

I hope you enjoyed my presentation on creating the plumeria flower!

Sweet wishes
Chef Nicholas

www.nicholaslodge.com

Everything I used in the demonstration is available from my website.
During checkout use code 2021GREEN to receive a 10% discount off your total purchase.

Also on my website, click on the “Recipes and Templates” tap at the HOME page for downloadable recipes for making FlexiGlue and the link to the YouTube video demonstration of me showing how to make FlexiGlue.

www.katysuedesigns.com
For ordering Flower Pro products with worldwide dispatch and shipping .

www.katysuedesigns.com/flowerpro
For videos using my extensive Flower Pro Collection of moulds.

members.katysuedesigns.com
For information on joining my Flower Pro Ultimate Members Club. Here you may sign up and register to join monthly or purchase select flower projects.

www.nicholaslodge.in
My Sugarin website with information about UK, Canada, India and other worldwide distributors of my FlexiPaste and range of Dusting Powders.

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