



Carrageenan Cheat Sheet

	<u>Iota Carrageenan</u>	<u>Kappa Carrageenan</u>	<u>Lambda Carrageenan</u>	<u>Vegan Gelatin</u>
Usage Ratio	0.1% - 3%	0.2% - 2%	0.2% - 2%	1.5 - 2.5%
Hydration	>158°F (70°C) (add sugar after hydration)	>158°F (70°C)	Cold or Hot	180°F (82°C)
Clarity	Opaque	Clear to translucent (LBG improves clarity)	Opaque	Clear to Translucent
pH	4 - 10	4 - 10	4 - 10	4 - 10
Setting Temp.	104-158°F (40 - 70°C)	86 - 140°F (30 - 60°C)	Cold	104 - 158°F (40 - 70°F)
Melting Temp.	163 - 168°F (73 - 78°C)	150 - 160°F (71 - 76°C)	—	163 - 168°F (73 - 78°C)
Freeze-Thaw Stable	Yes	No	—	Yes
Promoter	Calcium yeilds soft elastic gel, Potassium and Sodium also promote gelling	Potassium, Milk Protein, Salcium	—	—
Inhibitor	Hydrolysis of solution at low pH with prolonged heating; gels are stable	Salts; Hydrolysis of solution at low pH with prolonged heating; Gels are stable	—	—
Synergy	Starch	<u>Locust Bean Gum</u> (increased elasticity, improves clarity, reduced syneresis), <u>Konjac</u> , <u>Tara</u> , Milk Protein	—	—
Syneresis	No	No	—	No

Related Links:

Blog - blog.ModernistPantry.com

Website - www.ModernistPantry.com

Video - [Carrageen Primer](#)

Video - [Vegan Gelatin Primer](#)

Recipe - [Vegan Flan](#)

Ask A Chef - [Vegan Gelatin Isn't an Oxymoron Anymore](#)