

The Study of Traditional and Modern Style Wedding Cake its Flavors and Presentation

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Abstract: *The wedding cake is an essential element of a ritual system that expresses the public establishment of a marriage. Traditionally the wedding cake was considered to bring good luck to the bride and the groom and its Victorian origins the white three-tiered wedding cake has signified female procreative fertility, with the associated rituals of the wedding reception conveying mutual consent. Throughout history this tradition has evolved, resulting in the multi-tiered and impressively decorated structures that are today known as 'wedding cakes'. The traditional recipe for an English wedding cake is a fruit cake. This type of cake has a long shelf life. The deliciously simple, foolproof flavor works well with nearly any type of frosting and filling, leaving a plenty of opportunity to be creative and innovative. Sometimes a combination of flavors is used to enhance the taste and add an extra flavor of guest choice. Modern pastry chefs and cake designers use various ingredients and tools to create a cake that usually reflects the personalities of the couple. The wedding cake being the center of attraction at all weddings.*

Keywords: Tier, Frosting, Icing, Royal icing, Fondant, Gum paste, Confectionery, Meringue

I. INTRODUCTION

Traditional wedding cakes

A traditional wedding cake is typically a fruit cake, covered in marzipan and icing, and presented in tiers. Tiered cakes are often separated by flowers or columns to add visual impact and height. Everyone associates traditional wedding cakes with that famous three-tiered shape, but there is a real reason behind it. It is thought that they are made that way as the large bottom tier is to be shared out at the wedding, the smaller middle tier is to share with those who couldn't make it after the event and the top tier is saved for the couple. The typical style for a modern white wedding is a decorated white layer cake. It is usually coated and decorated with frosting. The layers may be filled with frosting, pastry cream, lemon curd, or other cake fillings. It may be topped by decorations made from frosting, with edible flowers, or with other decorations. A layer cake can be a single cake, or it can be assembled to form a tiered cake. The overall height of the cake is said to predict the couple's prosperity. Frosting can be a classic smooth surface or combined with drizzle, swirls, or chips. Fondant is a form of frosting style that is rolled out and draped over tiers. Its smooth, firm sugar icing is often embellished with appliqué. Poured fondant is used to glaze petits fours and other detailed confections. Flower paste or gum paste is a pliable dough usually made from egg whites, unflavoured gelatine, and powdered sugar. Royal icing is made with water, sugar and egg white or meringue powder. It hardens to a firm finish that can be piped or thinned for 'flood work'.

Different types of cakes have been popular in different countries and at different times. In some countries, such as Italy, different couples choose different types of cake, according to their preferences. In others, a single type is chosen by most people. For example, the traditional wedding cake in Korea was a rice cake topped with a powder made from red beans, but now guests are likely to see a sponge cake and fresh.

Early modern European wedding cakes

A cake for the bride and a cake for the groom were prepared in the seventeenth century. As the bride's cake took center stage at the celebration, the groom's cake would lose popularity. The groom's cake was usually the richer fruit cake with a darker hue and was smaller than the bride's cake when they were presented together. White was a symbol of virginity and purity, hence the bride's cake was typically a plain pound cake iced in white.

Traditionally, a wedding cake was a symbol of celebration and social prestige, and the larger the cake, the higher the social standing. Traditionally, fruit cakes with layers and marzipan toppings were served as wedding cakes in England and early America. Cakes were piled as high as possible in medieval England so that the bride and groom could kiss over them. If their kiss was successful, they would have a prosperous life together. The croquembouche was developed from this. The story behind this cake is about a pastry chef who traveled to medieval England and saw the custom of the people there being piled high with delicious rolls between the bride and groom, which they tried to kiss over without toppling them all. After that, the pastry chef returned to France and created the first croquembouche by stacking sweet pastries into a tower. In France, where it is now customary to set the croquembouche tower on a bed of cake and make it the top tier, the modern croquembouche is still quite popular. Traditionally, to signify acceptance of the proposal, the bride would insert a ring within the couple's piece of cake. The bride's cake would eventually replace the bride's pie. By now, the treat had lost its pie shape and had become more sugary than before. Traditionally, a plum or fruit cake served as the bride cake. Bride cakes were initially covered in almond icing and subsequently in white icing in the middle of the eighteenth century. This technique is known as double icing. The wedding cake's white-iced top surface served as a platform for mounting a variety of sceneries and symbols. The ornamentation was frequently colorful and appeared to be at least partially three-dimensional. Nevertheless, occasionally the decorating or even portions of the wedding cake were inedible because some decorations were manufactured with a range of ingredients. Although there was still a widespread belief that eating pie would bring good luck, the glass ring gradually lost popularity and was replaced with tossing flower bouquets.

Modern Western approach

The bride's cake would transform into the modern wedding cake we know today. In the early 19th century, sugar became easier to obtain during the time when the bride's cakes became popular. The more refined and whiter sugars were still very expensive, so only wealthy families could afford to have a very pure white frosting. This display would show the wealth and social status of the family. When Queen Victoria used white icing on her cake it gained a new title: royal icing.

The modern wedding cake as we know it now would originate at the 1882 wedding of Prince Leopold, Duke of Albany; his wedding cake was the first to actually be completely edible. Pillars between cake tiers did not begin to appear until about 20 years later. The pillars were very poorly made from broomsticks covered in icing. The tiers represented prosperity and were a status symbol because only wealthy families could afford to include them in the cake. Prince Leopold's wedding cake was created in separate layers with very dense icing. When the icing would harden the tiers could be stacked, a groundbreaking innovation for wedding cakes at the time. Modern wedding cakes still use this method, with an added form of support with dowels imbedded in the cake to help carry the load, especially of larger cakes.

Objectives

- To explore the historical and cultural significance of traditional wedding cakes, including their evolution and symbolism, and to contrast this with modern interpretations.
- To analyze the different flavors and presentations commonly used in wedding cakes.

II. RESEARCH METHODOLOGY

The research was conducted through a survey. A questionnaire was prepared keeping in mind the age group, preference of traditional cake or modern cakes and do they customize the cakes as per their choice in flavors and decorative toppers. Also, the acceptability of wedding cakes. A total of 131 responses were received and the interpretation shown with the help of a pie chart.

Decorations

Tiered cakes are often separated by flowers or columns to add visual impact and height. Separators can include jewels, shells, flowers and the like or can be completely separated by using traditional chrome stands. Frosting can be a classic smooth surface or combined with drizzle, swirls, or chips. Wedding cakes covered with fondant, on display at a sales

event. Because the layers are stacked one atop the next, with no columns or separation between them, this style is sometimes called a stacked cake.

Fondant is a form of frosting style that is rolled out and draped over tiers. Fondant can be cut into designs, formed into shapes, flavored or tinted. Poured fondant is used to glaze petits fours and other detailed confections.

Flower paste or gum paste is a pliable dough usually made from egg whites, unflavored gelatin, and powdered sugar. There are an array of methods and ingredients around the world on how to make flowerpaste and gumpaste. The purpose of this dough is typically to create flowers and other decorations for a cake. Due to the use of gum as one of the ingredients, it can be rolled very thin.

Royal icing is made with water, sugar and egg white or meringue powder. It hardens to a firm finish that can be piped or thinned for "flood work", when larger sections need to be iced. It hardens fast and is ideal for making detailed shapes ahead of time. It can also be piped directly onto cake tiers and works beautifully for delicate detail work. There are a few things to consider when working with royal icing: You must use grease free utensils. Humidity also affects the consistency of royal icing. Joseph Lambeth, a well-known British cake decorator, developed a technique where he creates layered scrolls using royal icing as a medium.

A wedding cake may be topped with fresh flowers. This is typical in the Philippines.

Wedding cake toppers are models or art pieces that sit atop the cake. In the US, the most common type of cake topper features a representation of a bride and groom in wedding attire. This custom was dominant in US weddings in the 1950s, where it represented togetherness. Wedding toppers may also be figures that indicate shared hobbies or other passions, if they are used at all. Some are humorous, or may represent the couple's hobby or occupation. In Mexico, the wedding topper and other decorations tell a story about the couple's history.

Flavors

German wedding cake with three tiers. There's nothing like chocolate sponge cake in Germany and Austria. Rich fruitcake, sometimes filled with almond paste and lavishly covered with icing, is the customary wedding cake in the UK and Australia. Up until the mid-20th century, fruitcake was also the customary wedding cake in the United States.

Special wedding cake

One survey found that the majority of wedding cakes in the US during the 1960s, 1970s, and 1980s were either white or yellow cakes. While there was a greater variety of flavors in the 2000s and 2010s, the majority of them were chocolate or white cake. Honey, sesame, and quince were the traditional flavourings in Greek cuisine. An almond torte is more popular in contemporary Greece. Greek wedding cakes typically have many tiers and are elaborate, even architectural.

The cake may be a vanilla sponge cake or it may be a purple cake in the Philippines.

The most popular wedding cake flavor in the US right now is white cake, but different filling flavors can be added in between the layers. Additionally popular options include chocolate, carrots, Italian Rum, and Italian Cream.

The flavors of wedding cakes include strawberry, vanilla, and chocolate. Today's cakes frequently feature flavors like vanilla sponge, chocolate sponge, or carrot cake.

III. LITERATURE REVIEW

Dede Wilson 1/10/2020(Wilson D. , October 1, 2020)

As per Dede Wilson even though engaged couples typically decide on the wedding cake towards the end of the planning process, it plays an equally vital role in determining the celebration's style and tone as the invitations or flowers. In contrast to a rich-looking Gianduja Truffle Cake filled with fresh fruit and powdered with gold powder, or a White Chocolate Satin Apricot Cake ornamented with flowers, an elegant, towering Croquembouche studded with golden almonds and encased in clouds of spun sugar conveys a different message. Wedding cakes, in the opinion of Chef Dede Wilson, should not only be aesthetically beautiful but also "reflect the tastes, beliefs, and desires of the bridal couple."

Hanee M. Al-Dmoor January 2013.(Al-Dmoor, 2013)

As per the researcher many components are used in the production of cakes such as flour, water, sugar, milk, salt, leavening agent, flavours, additives and other food are allowed in the specifications. The quality and quantity of these components are important and influence on the properties of the final product as well as the stability of quality during

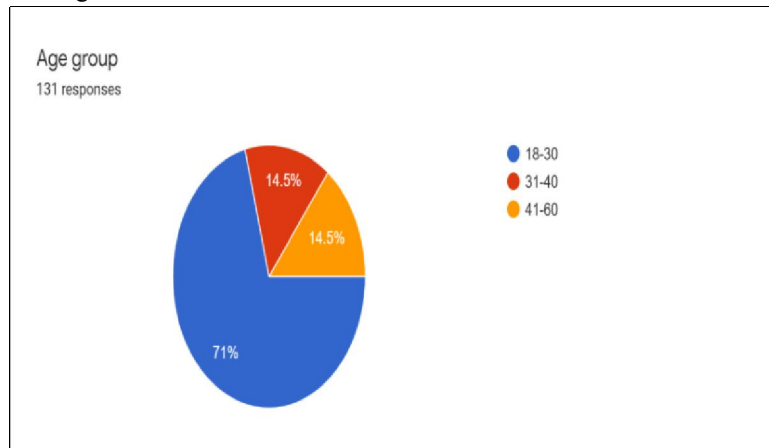
shelf life. The most important factor in cakes making is the availability of soft wheat flour and the proportions of its component’s protein, gluten quality, strength and ash contents nearly. After mixing of cake flour and other ingredients form dough which accomplished to retain the leaved gas to reach the final soft structure of crumb and crust, volume, flavour and other quality parameters of cakes.

Christine Scott, June 2, 2019(Scott, JUNE 2, 2019)

Christine Scott says favourite thing about cakes is unlimited flavour combinations and design ideas! It's a privilege to be a part of one of the most exciting days of their life. It's a thrill to work alongside other talented vendors. Delivering a cake is exciting because when I arrive, other exciting things are always happening too. The florist is working their magic, the tables are getting set, the DJ or band is setting up, the smell of the food is in the air...it's just a fun and happy time! You can feel the excitement.

IV. DATA ANALYSIS

Which age group do you belong to?

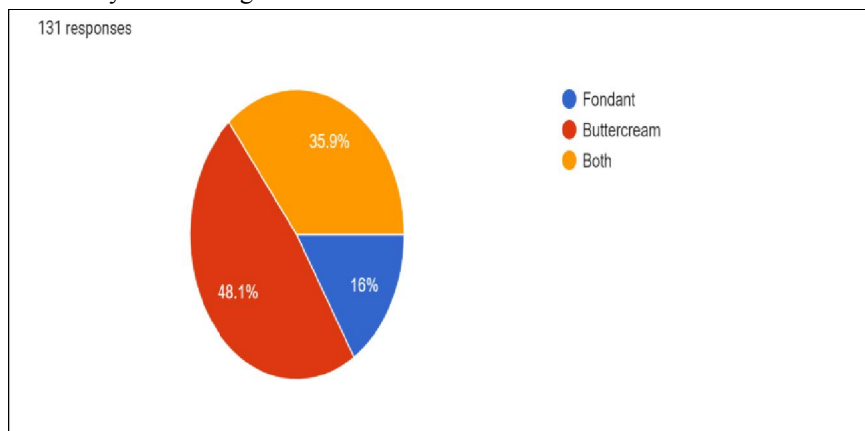


Source: Primary Data

Interpretation

71% of the respondant are between the age of 18-30
 14.5% of the respondants are between the age of 31-40
 14.5% of the respondants are between the age of 41-6

How would you like to order your wedding cake?

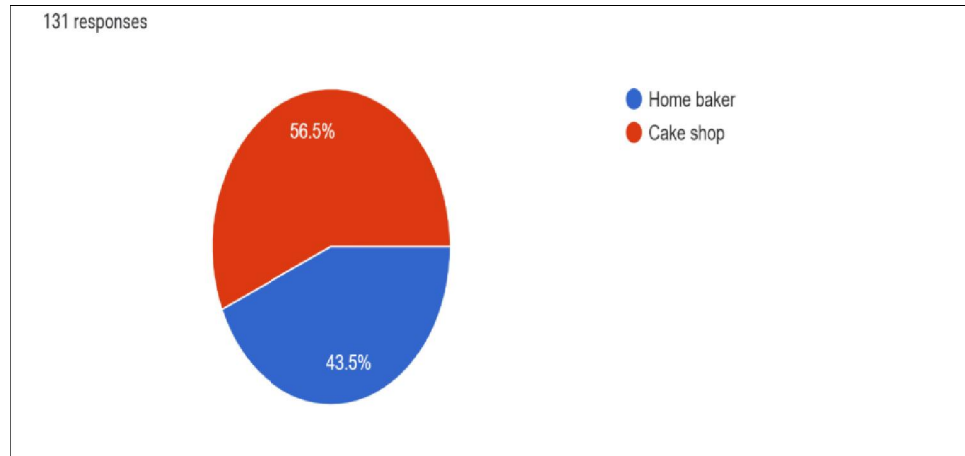


Source: Primary Data

Interpretation

48.1% of the respondents would order a buttercream cake
 35.9% of the respondents would order both fondant and buttercream cake
 16% of the respondents would order a fondant a wedding cake.

Who would you order it from?

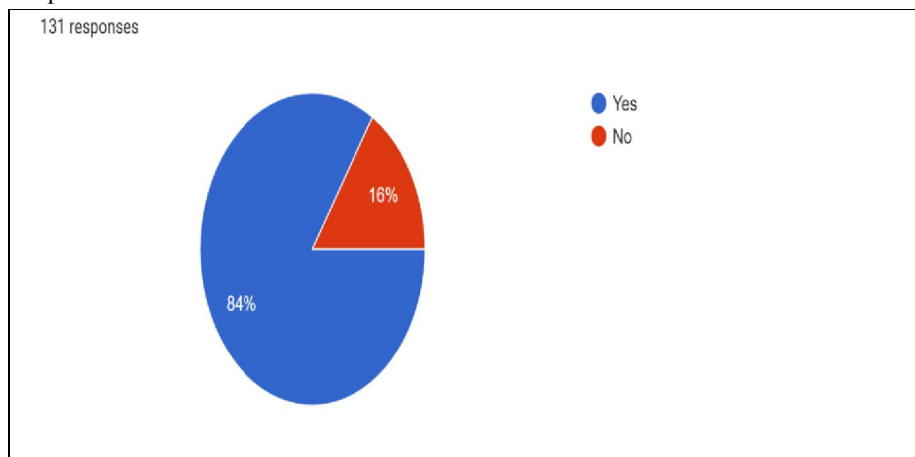


Source: Primary Data

Interpretation

56.5% of the respondents would order it from the cake shop.
 43.5% of the respondents would order it from a home baker.

Is wedding cake acceptable in diverse culture of India?



Source: Primary Data

Interpretation

84% of the respondents think that wedding cake are acceptable in diverse culture of India.
 16% of the respondents think that wedding cake are not acceptable in India.

Limitations

Superstitions Beliefs

The wedding cake is surrounded by superstitions. In a traditional American wedding, maidens would be invited to pull ribbons that are attached to the bottom layer of the wedding cake. Out of all the ribbons, only one contains a charm or a

ring, and whoever gets the charm will be the next person to marry. In other countries, the wedding cake is broken over the bride's head to ensure fertility and bring good fortune to the couple. Also, some people today think that eating the crumbs of the wedding cake would give them good luck because the wedding cake symbolizes happiness and good life to the newlywed couple.

There are also myths that bridesmaids have on dreaming of their future husbands. Hopeful bridesmaids would take a piece of cake home and place it under the pillow. Some bridesmaids would sleep with the pieces of cake in their left stocking and the rest under their pillows after passing the pieces of cake through the bride's wedding ring.

In the medieval era, wedding cakes were constructed in rolls and buns that were laid on top of each other. The groom and bride would attempt to share a kiss on top of the stack of rolls to ensure fertility and have good fortune.

V. CONCLUSION

"In conclusion, the study of traditional and modern wedding cakes, their flavours, and presentation techniques reveals a dynamic and evolving landscape in the world of wedding confectionery. Our research has shed light on several important facets of this industry, and we have identified a range of trends, preferences, and cultural nuances that shape the choices made by couples, cake designers, and event planners.

Traditional wedding cakes, deeply rooted in cultural symbolism, continue to hold a special place in many ceremonies. They represent not only the union of two individuals but also the heritage and traditions they carry forward. These cakes are characterized by their classic white exteriors, multi-tiered structures, and, in some cases, the enduring use of fruitcake.

In contrast, modern wedding cakes offer a canvas for personal expression and creativity. They feature a broader spectrum of flavours, colours, and design elements, reflecting the diverse and evolving tastes of today's couples. Elements like custom cake toppers, thematic decorations, and a variety of flavours ranging from chocolate and red velvet to fruit-inspired and nutty creations are central to modern cake designs.

Our study underscores the importance of flavour as a driving force behind the choices made by couples. Chocolate, vanilla, fruit flavours, and red velvet have all found their place in modern weddings, offering a delectable experience to guests. The layered design approach, combining multiple flavours within a single cake, has gained popularity, allowing couples to cater to a variety of palates.

Furthermore, the presentation of wedding cakes is a critical aspect of their visual appeal. The use of fondant for a smooth and polished finish, alongside various artistic techniques, such as handcrafted sugar flowers and edible metallic accents, provides couples with an opportunity to convey their personalities and wedding themes.

Our research also highlights the growing importance of personalization and innovation in wedding cake design. Couples are increasingly seeking ways to infuse their love stories, interests, and unique themes into their cakes, resulting in one-of-a-kind creations that resonate with their guests.

Cultural and regional variations in wedding cake traditions persist, but globalization and cultural exchange are influencing and diversifying these practices. As wedding cakes continue to play a central role in these celebrations, the industry is experiencing shifts to accommodate sustainability concerns and dietary restrictions, including vegan, gluten-free, and nut-free options.

The wedding cake industry is not static; it is shaped by market trends and innovations. The integration of technology, such as digital elements and 3D printing, is changing the landscape of cake design and presentation. These innovations are making wedding cakes more accessible and customizable than ever before.

In summary, the study of traditional and modern wedding cakes reveals a vibrant industry that combines cultural traditions, personal expression, and culinary innovation. The choices couples make regarding cake styles, Flavors, and presentation have a profound impact on their wedding celebrations, reflecting their unique love stories and values. As this industry continues to evolve, it will be intriguing to witness the future trends and innovations that will further shape the world of wedding cakes."

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