

Flying saucers

From the sweeties.net wiki

Flying saucers are small, dimpled discs of coloured wafer, sealed together around a filling of fizzy sherbet. The name comes from the shape: two shallow dishes joined at the rim, just like a cartoon spaceship.

What is in a flying saucer?

The outside is thin, dry, edible wafer paper in soft colours. Inside is white sherbet, usually unflavoured, just like the sherbet in a Sherbet Fountain.

As the wafer meets your tongue it softens and dissolves almost at once, and the sherbet inside starts to fizz.

The fizz

Sherbet contains sugar, an edible acid such as citric or tartaric acid, and a base such as bicarbonate of soda. Dry, it just sits there. Wet, the acid and base react and release carbon dioxide gas, which you feel as a tingle. See [what sherbet is made of](#).

Where they came from

The first flying saucers were made in the 1950s in Belgium. They are still sold in British sweet shops and in pick and mix today.

The sherbet inside is much older than the saucer. In 1816 a London maker, John Richards, claimed to have invented a Portable Sherbet Powder, sold for stirring into water to make a fizzy drink. Only later did sherbet become a sweet in its own right.

How to eat one

There are two schools of thought. Some pop the whole saucer in and let it dissolve. Others nibble the rim, split the wafer and lick out the sherbet. The only rule is to expect the wafer to stick to the roof of your mouth for a moment.

A note on wheat

Wafer is often made from wheat flour, but not always. Some flying saucers are made with potato starch wafer instead. If you avoid gluten, always check the ingredients. Our [SW039](#) are sold by the 100 g, and the card lists the full ingredients and allergens.

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