

How are fried egg sweets made?

From the sweeties.net wiki

Fried egg sweets are a pick and mix sweet: a soft white foam in the shape of an egg white, with a yellow yolk in the middle. They belong to the family of foam sweets, which are made much like marshmallow: see [what are foam sweets made of?](#)

Two sweets in one

A fried egg is a two layer sweet. The Dutch machinery maker Tanis, which builds gummy lines, calls this top bottom depositing: two different masses are laid one on top of the other in the same mould, such as a white foam layer with a coloured layer, as in gummy frogs and sharks with white bellies. A fried egg uses the same idea, with a white foam and a yellow yolk.

Step by step

1. **Cook the syrups.** Sugar, glucose syrup and a gelling agent, usually gelatine, are cooked into gummy mixtures, and one is coloured yellow for the yolk.
2. **Whip in the air.** The white mixture is aerated, whipped until it is full of tiny bubbles, which turns it into a light foam.
3. **Deposit two layers.** The two mixtures are deposited one on top of the other in the same mould.
4. **Set.** The sweets are left to set, often in trays of starch that hold their shape.
5. **Tip out and finish.** The set sweets are tipped out, and the starch is cleaned off: see [how are gummy sweets shaped?](#)

Why gelatine foams so well

Gelatine is a protein, which Tanis says makes a gelatine mixture easy to aerate. Marshmallow, whipped with gelatine or egg white until it is about half air, works in a similar way: see [how are marshmallows made?](#) Gummies set with starch instead are harder to foam. Tanis says a protein such as potato or pea protein has to be added to a starch based gummy before it will hold air, which makes plant based foam sweets possible.

The Haribo fried egg

Haribo's Fried Egg is a lemon flavoured, double layered foam sweet. It was already part of Starmix in other countries when Haribo added it to Starmix in the United States in April 2025, alongside a raspberry flavoured foam heart.

Allergens and diets

Because foam sweets are generally made with gelatine, fried eggs are often not suitable for vegetarians, and some foam sweets use pork gelatine: see [gelatine in sweets explained](#) and [is Haribo made from pig?](#) Our [SW027](#) card opens up to show the full ingredients and allergen information.

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