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## EC9956 Homemade Candy Using Little or no Sugar

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## MOLASSES MINT TAFFY

2 c. light molasses      1/8 tsp. salt  
2 tsp. vinegar            1/2 tsp. baking soda  
1 1/2 Tbs. butter          7 drops oil pepper-  
mint

Cool molasses and vinegar slowly; stirring constantly, to 260°F. or until a little syrup becomes brittle when dropped in cold water. Remove from heat and add butter, salt, and baking soda. Stir until it ceases to foam, then pour into a greased or oiled pan about 12" x 8" x 1". When cool enough to pull, drop peppermint in the center. Press together, then pull the candy until it is light in color, and begins to harden. Then pull into long strips  $\frac{1}{2}$ " in diameter and cut with scissors into pieces 1" long. Wrap in cellophane or waxed paper.

## COCONUT APRICOT CANDY

3/4 c. dried apricots	1/2 tsp. grated orange
3/4 c. coconut	rind
1/2 c. nut meats	1/2 tsp. grated lemon
1 Tbs. lemon juice	rind

Wash apricots and steam 5 minutes. Put apricots, coconut, and nut meats through the food chopper. Add rind and juice of lemon and orange rind. Knead mixture until blended. If candy is dry, add additional orange juice. If too moist work in a small amount of confectioners sugar. Shape into balls about 3/4 inches in diameter. Roll in granulated sugar. Makes 18 to 20 balls.

## SUGARLESS COCONUT CONFECTION

2 squares unsweetened chocolate  
3/4 lb. shredded coconut

1 c. sweetened condensed milk

Melt chocolate, add coconut and stir into the milk. Drop on buttered and floured tins by teaspoons full and bake 15 minutes in a moderate oven.

## FRUIT ROLL

$\frac{3}{4}$  c. raisins                   $\frac{1}{4}$  c. walnut meats  
a few grains of salt

Wash raisins, dry, put through food chopper with nuts. Mix well, salt to taste, and shape in small roll. Slice.

## BITTERSWEET BALLS

1 7 oz. pkg. semi-sweet chocolate	$\frac{1}{2}$ c. finely chopped walnuts
$\frac{3}{4}$ c. evaporated milk	$\frac{1}{2}$ c. packaged chocolate shot

Melt semi-sweet chocolate in the top of a double boiler over boiling water. Stir in milk, and cook, stirring constantly for 20 minutes. The mixture should be very thick. Cool; then chill in refrigerator for 1 hour. Shape into 36 3/4 inch balls. Roll 18 of them in nuts and the remainder in chocolate shot.

## CANDY USING LITTLE SUGAR

## APRICOT SNOWBALLS

1 c. thick apricot pulp  
2/3 c. sugar

1/2 c. nuts  
1 Tbs. lemon juice

Combine ingredients and boil rapidly until the mixture is thick and clear. Add the nuts and turn into any small shallow mold being sure mixture is one inch thick. When firm turn out onto a board and mold into balls. Roll balls in coconut.

## COCONUT KISSES

1 c. ground almonds 1 egg white  
 $\frac{1}{2}$  c. sugar food coloring  
 1 tsp. almond extract shredded coconut

Mix the almonds, sugar, almond extract and egg white to a stiff paste. Let stand 24 hours. Color as desired and shape into balls. Roll in coconut, pressing it in well. Then roll in coconut again. Let stand to harden.

## SUGARED POPCORN

Melt 3 tablespoons butter in pan. Add  $1\frac{1}{2}$  c. brown sugar and  $1/3$  c. water. Boil 16 minutes or to the soft ball stage. (234°F.) Pour over corn and stir until every kernel is well coated with sugar.



## PEPPERMINT CREAMS

1 egg white                      Confectioners  
Peppermint extract              sugar

Place the egg white in a bowl and add a few drops of peppermint extract. Add the sifted confectioners sugar until the mixture can easily be molded. Then either form the mixture into small balls and flatten into round shapes, or roll out with a rolling pin and cut into rounds with a small cutter. Place on waxed paper on a wire rack until dry.

## PARISIAN SWEETS

Chop equal parts of figs, dates or raisins, and nuts together. Knead on a board dredged with confectioners sugar until well blended. Roll to 1/3 inch thickness. Cut into cubes or rounds and dip each piece in confectioners sugar. Store in tin boxes.

## CANDIED ORANGE OR GRAPEFRUIT PEEL

Wash the peel and cut in strips one quarter inch wide. Cover with cold water and boil for five minutes. Drain, and again cover with cold water and boil until tender, then drain. Make a syrup with one cup of sugar to each cup of rind, one cup of water and the juice of one orange. Boil the strips of peel in this until they are clear and the syrup very thick. Drain and roll in powdered sugar and dry off in warm oven or over a radiator. They should dry on outside but be translucent and juicy within.

## APPLE CONFECTION

Prepare the apple pulp as for making apple butter, by cooking the apples, and putting them thru a sieve. Cook the pulp until it is very thick stirring it to prevent sticking. Measure the pulp and add two tablespoons of sugar to each cup of apple pulp. Add flavoring desired and vegetable coloring to give desired color. Cook the mixture until it is clear. Grease a plate slightly with a little oil or unsalted fat. Turn the paste onto the plate, spread thin and place it in a slow oven or an airy place to dry. When a film has formed over the top

turn the paste onto cheesecloth and dry it. When it is sufficiently dry, lay it on a piece of oiled paper, cut in strips or squares and roll in sugar, coconut or chopped nuts. Dry in a few hours. To make mint chips color green and flavor with mint.

## PEANUT Dainties

1 envelope plain	1/8 tsp. salt
unflavored gelatin	1 1/2 tsp. lemon
1/4 c. cold water	juice
1 c. brown sugar	1 c. shelled
6 Tbs. hot water	peanuts chopped
Powdered sugar	fine

Soak the gelatin in the cold water for 5 min. Heat the brown sugar, hot water, and salt to the boiling point; add the gelatin and boil for 15 minutes. Remove from the heat, and cool slightly. Add the lemon juice and peanuts and turn into a wet pan about 9"x5"x3". Allow to set in a cool place for about 12 hours. Cut into squares and roll in powdered sugar. Makes about 1/2 pound.

## MOLASSES CORN BALLS

3 quarts popped corn	1 Tb. butter
1 cup molasses	1/2 tsp. salt
1/2 cup sugar	

Pick over corn, discarding hard kernels, put in large pan and sprinkle with salt. Melt butter and add molasses and sugar. Boil mixture until brittle when small amount is tried in cold water. (270°F.) Pour mixture gradually, while stirring constantly, over corn. Shape into balls, using as little pressure as possible. Wrap in wax paper.

## HONEY PENOUCHE

2 c. brown sugar	1/4 c. honey
1/4 tsp. salt	3 Tbs. butter
2/3 c. white sugar	1/2 c. chopped nuts
1 c. milk	

Combine all the ingredients except butter and nuts. Cook over slow flame to 240°F. Remove from fire, add butter and cool. Beat until thick. Add nuts.