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## EC71-955 Sugar Cookery

Ethel Diedrichsen

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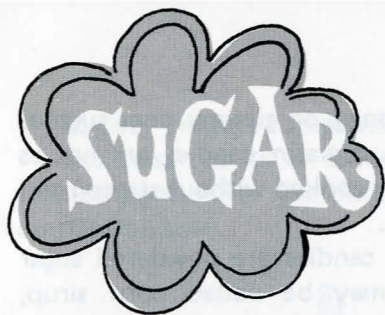
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# SUGAR COOKERY



Extension Service  
University of Nebraska College of Agriculture  
Cooperating with the U.S. Department of Agriculture  
and the College of Home Economics  
E. F. Frolik, Dean      J. L. Adams, Director

EC 71-955-



# COOKERY



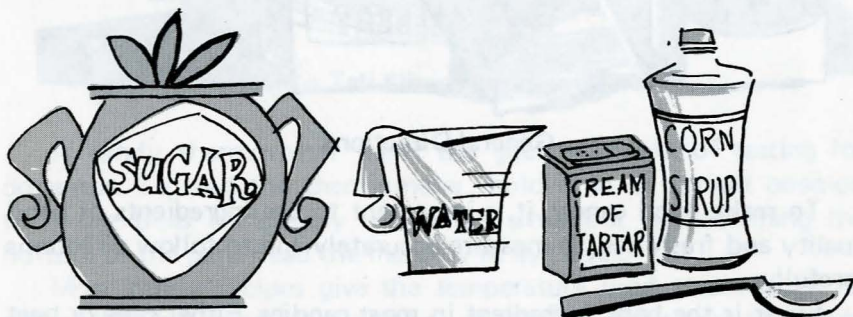
Ethel Diedrichsen

Extension Specialist, Food and Nutrition

It is said the perfect gift is something you have made yourself. Homemade candy makes an acceptable gift and one you can share with others.

Candy making is a form of sugar cooking in which the sugar crystals remain so small they cannot be seen or felt. The texture should be smooth and creamy; never sharp or grainy.

The concentration to which the sugar sirup is cooked determines whether the candy will be soft, chewy or hard. Ingredients which alter the flavor and texture include chocolate, nuts, flavoring, eggwhites, gelatin and fruits.



## Types of Candy

Candies may be divided into crystalline and noncrystalline types plus a variety of uncooked or partially cooked kinds. Crystalline or creamy candies include fondant, fudge, penuche, divinity and seafoam. Fondant is the foundation for most mints, bonbons and creamy centers for chocolates. The chief ingredients are sugar and water plus corn sirup or cream of tartar to keep the crystals small.

Noncrystalline candies are those in which the formation of crystals is prevented by adding butter, cream, eggwhites, chocolate or corn sirup to the mixture. They include such chewy or hard candies as butterscotch, caramels, taffy, nougat and brittles.



Other kinds of candies are the spongy or gummy ones such as divinity, marshmallows and gumdrops. Gelatin candies are not as sweet as other candies. They are usually cooked without stirring and then poured into a wet mold or flat pan.

Principal ingredients of uncooked candies are powdered sugar and margarine or butter. To this may be added corn sirup, evaporated milk, cream, fruit juice, melted chocolate, coconut, peanut butter or chopped nuts for a variety of flavors.

Partially cooked candies are made from sugar, butter and evaporated milk. These are boiled together for a definite time and then combined with chocolate, marshmallows and nuts.



### General Directions

To make good candy, it is important to use ingredients of good quality and freshness, to measure accurately and to follow directions carefully.

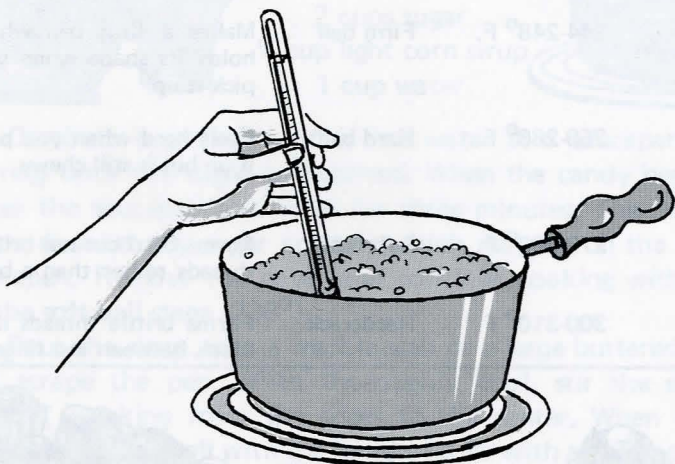
Sugar is the basic ingredient in most candies. Either cane or beet sugar may be used. Light or dark brown sugar and powdered sugar are also used. Brown sugar contains some acid and sometimes causes milk or cream to curdle during cooking. Stirring the mixture will prevent this.

Size of sugar crystals may be controlled in several ways:

1. Add a simple sugar such as corn sirup, glucose or invert sugar.
2. Add an acid such as tartaric acid, lemon juice or vinegar. These break down complex sugar into simple sugars with smaller crystals.
3. Dissolve the sugar thoroughly in the liquid before the mixture boils.
4. Wipe the sugar crystals from sides of pan with a damp cloth before boiling is reached.
5. Cook to desired doneness without stirring.

6. Cool mixture to lukewarm ( $100^{\circ}$  to  $110^{\circ}$ ) before beating.

For best results in candy making, use a deep, heavy saucepan with straight sides. The pan should be large enough so the mixture cannot boil over.



### How to Tell When Candy is Done

A candy thermometer takes the guesswork out of testing for doneness. To read the thermometer, hold it in an upright position with the bulb completely under the sirup but not touching the bottom of the pan. Read the mercury at eye level.

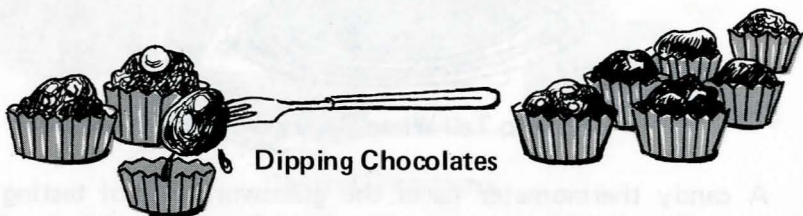
Most candy recipes give the temperature used at sea level. At other altitudes, water does not boil at  $212^{\circ}$  F. To correct the candy temperature for your altitude, find the temperature at which water boils in your locality. Subtract the difference if below  $212^{\circ}$  F. For example, if your thermometer registers  $210^{\circ}$  F. in boiling water and a recipe requires a temperature of  $240^{\circ}$  F., you should cook the candy two degrees lower ( $238^{\circ}$  F.) to allow for the difference.

You will get a double check if you use the cold water test in combination with a thermometer. Drop one-half teaspoon of hot sirup into a half cup of cold water. Let stand one minute. Pick up with your fingers so you can feel the stage to which the candy has cooked.

In hot humid weather allow the candy mixture to cook two degrees higher than the specified temperature because the candy will absorb some moisture from the air as it cools.

## Temperatures and Tests for Candy

<i>Candy</i>	<i>Temperature</i>	<i>Test</i>	<i>Description</i>
Fondant Fudge Penuche	234-240 <sup>0</sup> F.	Soft ball	Makes a soft ball which flattens when removed from water.
Caramels	244-248 <sup>0</sup> F.	Firm ball	Makes a firm ball which holds its shape when you pick it up.
Divinity Taffy Marshmallows	250-266 <sup>0</sup> F.	Hard ball	Feels hard when you pick it up but is still chewy.
Toffee Butterscotch	270-290 <sup>0</sup> F.	Soft crack	Forms hard but not brittle threads rather than a ball.
Brittles Lollypops	300-310 <sup>0</sup> F.	Hardcrack	Forms brittle threads that break between the fingers.



Dry, cool weather is best for chocolate dipping. Semisweet chocolate, prepared dipping chocolate or confection coatings in pastel colors may be used for dipping.

Grate or cut about one pound of chocolate into pieces. Put in the top of a double boiler over hot water. Stir constantly until chocolate is melted. Be careful not to get any water in the chocolate.

Place top of double boiler over cold water and stir until chocolate thickens and temperature is about 85 degrees. Drop pieces of fondant, nougat, caramel or other centers, one at a time, into mixture. Coat completely and lift out with a dipping fork or table fork. Place on waxed paper and cool quickly.

When only a small amount of chocolate remains, drop in raisins or peanuts. Stir to coat and drop from teaspoon onto waxed paper.

When chocolates are cool, put them in individual paper candy cups and pack in candy boxes. Cover and set in a cool place. If you want to keep them for several weeks, wrap in foil and freeze. When ready to use, let thaw at room temperature for several hours before opening.

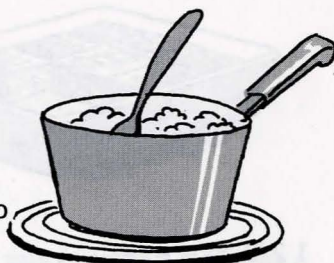




## CANDY RECIPES

### Fondant

2 cups sugar  
¼ cup light corn sirup  
1 cup water



Combine sugar, corn sirup and water in a saucepan and cook, stirring until the sugar is dissolved. When the candy begins to boil, cover the saucepan and cook for three minutes. The steam formed helps dissolve any sugar crystals which may be on the sides of the saucepan. Remove the cover and continue cooking without stirring to the soft ball stage (238°).

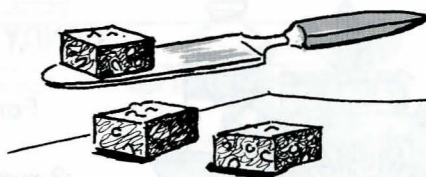
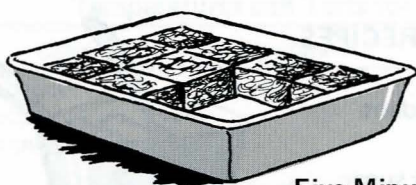
Pour the sirup onto a marble slab or a large buttered platter. Do not scrape the pan. When thoroughly cool, stir the sirup with a spatula, working from the edges to the center. When it begins to cream, knead it well with the hands. Cover with a damp cloth and let stand for 10 minutes before using. It may be wrapped in plastic and stored in the refrigerator for 24 hours or longer.

Divide fondant into several portions, add flavoring, coloring and other ingredients such as coconut, nutmeats, melted chocolate or chopped fruit. Work with fingers until well blended. Shape each portion into balls or ovals, flattening the base slightly. Let stand until firm on the surface and dip in chocolate. Fondant may be used to stuff pitted dates and prunes.

### Chocolate Fudge

2 cups sugar	1 tablespoon corn sirup
2 squares grated chocolate	2 tablespoons butter
1/8 teaspoon salt	1 teaspoon vanilla
3/4 cup milk	1/2 cup chopped nuts

Combine sugar, chocolate, salt, milk and corn sirup in saucepan. Heat, stirring until sugar is dissolved. Boil without stirring to the soft ball stage (236°). Add butter without stirring and cool to lukewarm (110°). Add vanilla and beat until mixture thickens and loses its gloss. Stir in nuts and pour into buttered pan. When firm, cut in squares.



### Five Minute Fudge

1 2/3 cups sugar  
2 tablespoons butter  
1/2 teaspoon salt  
2/3 cup evaporated milk

1 1/2 pkg. chocolate bits  
1/4 pound marshmallows, diced  
1/2 cup chopped walnuts  
1 teaspoon vanilla

Combine sugar, butter, salt and milk and bring to boil over medium heat. Boil 5 minutes, stirring constantly. Remove from heat, add chocolate bits, marshmallows, walnuts and vanilla. Beat vigorously until marshmallows melt. Pour into buttered pan. Cool and cut in squares.

### White Fudge

3 cups sugar  
1/2 cup margarine  
2/3 cup evaporated milk

7 oz. jar marshmallow crème  
1 teaspoon vanilla  
1 cup chopped nuts

Combine sugar, margarine and milk and bring to a boil, stirring constantly. Continue stirring and boil for 5 minutes over medium heat. Remove from heat and cool to lukewarm. Add marshmallow creme, vanilla and nuts. Beat until well-blended and pour into buttered 9-inch square pan. Cut into squares when cool.

### Aloha Penuche

1/2 cup brown sugar  
1 cup granulated sugar  
1/4 cup cream  
1/2 cup crushed pineapple

1 tablespoon butter  
1/2 teaspoon vanilla  
1/2 cup chopped walnuts

Cook sugar, cream and pineapple to the soft ball stage (238°). Add butter and allow to cool. Stir in vanilla and beat until thick and creamy. Add walnuts and pour into buttered pan. Cut into squares when cool.



### Caramels

- |                      |                    |
|----------------------|--------------------|
| 1 cup thin cream     | 1 cup thin cream   |
| 1/2 cup butter       | 1 teaspoon vanilla |
| 2 cups sugar         |                    |
| 1 3/4 cup corn sirup |                    |

Put the first four ingredients in a large saucepan and bring to a boil for a few minutes. Stir in the second cup of cream slowly so the boiling does not stop. Cook to the hard ball stage (250°). Add vanilla and pour immediately into buttered pans.

### Divinity

- |                  |                    |
|------------------|--------------------|
| 2 1/2 cups sugar | 2 egg whites       |
| 1/2 cup sirup    | 1 teaspoon vanilla |
| 1/2 cup water    | 1/2 cup nutmeats   |

Combine sugar, sirup and water and stir until the sugar is dissolved. Cook to hard boil stage (254°) without stirring. Beat egg whites until stiff. Pour hot sirup slowly over egg whites and beat until mixture holds its shape. Fold in vanilla and nuts and pour into buttered pan.

### Molasses Taffy

- |                          |                |
|--------------------------|----------------|
| 2 cups sugar             | 1 cup molasses |
| 2 tablespoons butter     | 1/2 cup water  |
| 1/2 cup light corn sirup |                |

Combine ingredients in saucepan. Place over heat and stir until sugar is dissolved. Continue to cook without stirring until the sirup forms a hard ball (258°). Pour on buttered platter or marble slab. As edges cool, turn toward center with spatula. When cool enough to handle, butter hands lightly and pull until light in color and firm. Stretch out into long rope about 1/2 inch in diameter and cut with scissors into 1-inch pieces. Wrap each piece in wax paper, twisting the ends. Makes 1 1/2 pounds.

### Butter Toffee

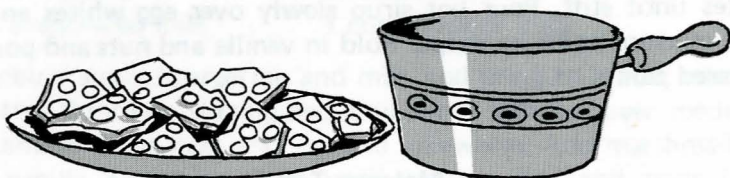
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| 1 cup butter      | 1/2 teaspoon vanilla |
| 1 cup sugar       | 1/2 cup chopped nuts |
| 1/4 teaspoon salt |                      |

Combine butter, sugar and salt. Cook slowly, stirring until sugar is dissolved. Cook without stirring to light crack stage ( $285^{\circ}$ ). Add vanilla and nuts. Pour onto buttered shallow pan to a thickness of 1/4 inch. When cold, cut or break into squares. Both sides may be covered with melted chocolate and chopped nuts if desired.

### Butterscotch Patties

- |                          |                      |
|--------------------------|----------------------|
| 1/2 cup sugar            | 1 tablespoon butter  |
| 1/4 cup light corn sirup | 1/2 teaspoon vanilla |
| 1/4 cup water            |                      |

Combine sugar, corn sirup and water. Cook without stirring to very hard ball ( $265^{\circ}$ ). Add butter; cook to soft crack stage ( $290^{\circ}$ ). Remove from heat, add vanilla and drop from teaspoon onto buttered pan. When firm, remove with spatula.



### Peanut Brittle

- |                    |                     |
|--------------------|---------------------|
| 2 cups sugar       | 1 tablespoon butter |
| 1 cup corn sirup   | 1 teaspoon vanilla  |
| 1/2 cup water      | 1 teaspoon soda     |
| 2 cups raw peanuts |                     |

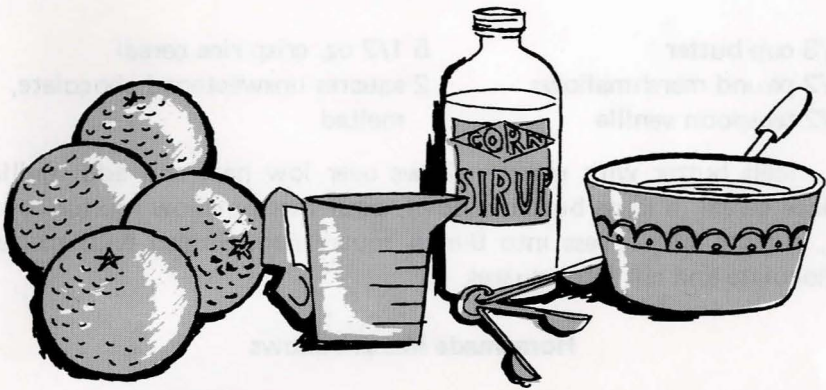
Cook sugar, sirup and water to soft ball stage ( $234^{\circ}$ ). Add raw peanuts and continue cooking to crack stage ( $300^{\circ}$ ). Remove from heat. Add butter, vanilla and soda and mix well. Pour onto two buttered cookie sheets. When slightly cool, wet hands in cold water and stretch thin. Break into pieces.

## Jelly Mints

2 tablespoons gelatin in  
2/3 cup cold water  
2 cups sugar  
2/3 cup water

2 tablespoons lemon juice  
1/2 teaspoon peppermint extract  
Few drops green color

Soften gelatin in 2/3 cup cold water about 5 minutes. Combine sugar and remaining water in a saucepan. Bring to boil; add softened gelatin and boil for 20 minutes. Remove from heat, add lemon juice, extract and green color. Pour into 4- x 8-inch pan that has been rinsed with cold water. Let set overnight, cut into cubes and roll in granulated or powdered sugar.



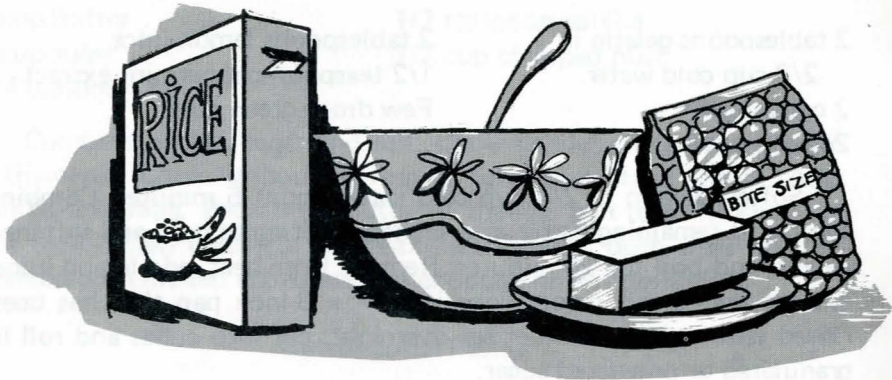
## Candied Orange Peel

4 thick-skinned oranges  
2 cups sugar

1 cup water  
2 tablespoons light corn sirup

Remove peel from oranges and cut into 1/8 inch strips. Place in saucepan; cover with cold water and bring to a boil. Simmer 10 to 15 minutes or until tender. Drain. Combine sugar, water and corn sirup in saucepan. Add orange peel and cook for 25 to 30 minutes, until peel is clear and sirup is thick. Remove peel from sirup and drain. Roll strips in granulated sugar.





### Crispy Squares

1/3 cup butter

1/2 pound marshmallows

1/2 teaspoon vanilla

5 1/2 oz. crisp rice cereal

2 squares unsweetened chocolate,  
melted

Melt butter with marshmallows over low heat and add vanilla. Place cereal in large buttered bowl, pour marshmallow mixture over it, stirring well. Press into 9-inch square pan. Spread with melted chocolate and cut into squares.

### Homemade Marshmallows

2 tablespoons unflavored gelatin

3/4 cup cold water

2 cups sugar

1/8 teaspoon salt

3/4 cup boiling water

1 tablespoon vanilla

Powdered sugar

Soften gelatin in cold water 5 minutes; then dissolve by setting in a pan of hot water. Combine sugar, salt and boiling water and stir until sugar is dissolved. Boil to soft crack stage (280°). Pour into mixing bowl with the gelatin mixture and beat with electric mixer 10 to 15 minutes or until light and fluffy. Add vanilla and pour into 8-inch square pan. When set, cut into squares with knife dipped in cold water. Dust with powdered sugar and store in airtight container.