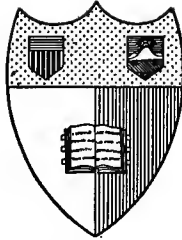


# OUR CANDY RECIPES

VAN ARSDALE  
MONROE AND  
BARBER





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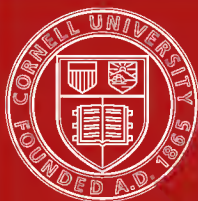
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## OUR CANDY RECIPES



THEY SPEAK FOR THEMSELVES

# O U R C A N D Y R E C I P E S

BY

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INSTRUCTOR IN FOODS AND COOKERY

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TEACHERS COLLEGE  
COLUMBIA UNIVERSITY  
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## PREFACE

THIS book has grown in answer to the constant requests of housewives and students for good recipes for homemade candies.

There is hardly a home in which candy is not made, at least occasionally, and there are few cookery courses which do not include one or two candy lessons. But the kinds of candy commonly made are few in number. There is little realization of the possibilities of home-made candy, of the wide range of varieties, delicious and attractive enough to compete with those purchased in the Fifth Avenue shops. Yet such candies can be made in the home or in the classroom without special training or skill and with the simple equipment ordinarily found there.

We are therefore presenting our recipes in the hope that they will enlarge the scope of home candy making. All the recipes have been tested in the classroom many times, and much effort has been spent in making them simple and accurate, yet sufficiently detailed to prevent failures. We trust that they will be found so and that the results from their use will be all that can be desired.

We have omitted the more elaborate types of commercial candies because we realize that they cannot be

successfully duplicated without special training and equipment.

We wish to acknowledge the services rendered by Miss Ruth Parrish and Miss Edith Swan, who have assisted the authors in the standardization of the candy recipes.

MAY B. VAN ARSDALE  
DAY MONROE  
MARY I. BARBER

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## OUR CANDY RECIPES





# OUR CANDY RECIPES

## CHAPTER I

### The Magic of the Candy Pan

What child would believe that the little sugar house at which he has gazed, with his nose glued to the window of the confectionery store, was once plain sugar such as he used on his morning cereal? This would seem to him no less a miracle than the changing of the pumpkin into Cinderella's coach. And he would be right! Even the scientist who is familiar with the many wonderful changes that take place when sugar is cooked, still marvels at the ever increasing varieties of candies resulting from the magic of the candy pan.

It seems a long way from the nut brittle made by the simple caramelization of sugar to the sugar château with its many turrets, its semitransparent window panes, and its brown roof, all made from sugar cooked to different temperatures.

But the difference between these, as between many candies, depends upon just this — the cooking of sugar and water to different temperatures and the handling of it in different ways. By changing the temperature and the methods of manipulation we get varieties of fondant, taffies, brittles, sticks, and clear hard candies.

Let's put some sugar and water in the saucepan over the flame and see what magic we can work. First, the sugar dissolves. When it begins to boil our thermometer registers about the temperature of boiling water ( $212^{\circ}$  F.).

As the boiling continues, the temperature keeps going up and the syrup gets noticeably thicker. Although analysis would show that with each degree of the thermometer a change has taken place, the first important stage in the making of candy is the so-called "soft ball stage," about  $236^{\circ}$  F.— $240^{\circ}$  F. If we take some of the syrup from our pan at this stage we can make from it soft, creamy fondant for bonbon centers, mints, or creams. The candy continues to cook and the mercury goes up. The syrup passes through the "firm ball stage" ( $246^{\circ}$  F.— $250^{\circ}$  F.) to the "hard ball stage" ( $265^{\circ}$  F.), and from syrup taken out now we make taffy. At the "crack stage," still higher ( $290^{\circ}$  F.), we make a butterscotch, and then higher yet ( $300^{\circ}$  F.— $310^{\circ}$  F.), brittles and hard candies.

From the sugar with which we started we have made from our one saucepan, cream peppermints, centers for chocolate creams, white taffy, brittles, sticks, and lollypops.

By adding other ingredients to our sugar and cooking to different temperatures, we can make a great variety of candies with no more effort and skill than we needed for our fondant.

The important points in candy making are the temperature to which the candy is cooked and the manipu-

lation of the cooked candy. Sometimes the whole fate of the candy — whether it is grainy or smooth — lies in the temperature at which it is beaten — whether hot or cold.

**Creamy Candies.** — In certain types of candy, such as fudge, penuchi, or fondant, we want the sugar crystals to be as tiny as possible, so minute that they can scarcely be felt in the mouth. This makes the candy smooth and “creamy.” Such texture is achieved by observing two rules:

I. Cook the candy to a very definite temperature.

The only way to measure temperature accurately is by using the thermometer. An approximate temperature can be secured by the cold water test, but this may not be right within three or four degrees. A small variation in temperature will not make so much difference in a taffy or a brittle as in a fondant or a fudge, where every degree counts. This is why we have so much poor fondant and fudge while taffy is usually good.

II. Cool the candy before beginning to beat it.

When the candy is beaten while hot, large sugar crystals are formed and the candy is “grainy.” A great deal of fudge is of this kind.

An added safeguard against grainy candy is the use of a small proportion of corn syrup. This helps to prevent the formation of large crystals of sugar. The same effect can be obtained by cream of tartar, lemon

juice, vinegar, or acetic acid. Any one of these ingredients will produce a candy of smooth texture, but for general use the corn syrup is more dependable. Since all of these give the same result they can be used interchangeably; the amount required varies in each case and must be definitely worked out.

**Taffies and Hard Candies.** — In taffies, brittles, and clear candies we do not want any crystallization of the sugar, because this would make the clear candies cloudy and the brittles sugary. To avoid this crystallization we put in a larger proportion of corn syrup, we stir the candies only enough to keep them from burning during the cooking, we turn them out quickly when they are done, and we do not scrape the saucepan too closely. When sugar crystals are formed on the sides of the saucepan we wash them off with cheesecloth dipped in cold water, because if one sugar crystal is poured out with the candy it may cause crystallization of the whole batch.

**The Cold Water Test.** — For many years the cold water test has been used to determine when a candy is done. This test should be made with water that is really cold. Take out about a teaspoonful of the cooking candy and drop into the cold water. When the hot syrup is cooled by the water it thickens and can be formed into balls of varying degrees of hardness expressed in terms used in the table below.

Of course this test is not so accurate as the thermometer, but it is a gauge which can be used by the experienced with more or less success.

The table below shows the temperatures to which different types of candies should be cooked and the cold water test for each.

TYPE OF CANDY	TEMPERATURE	COLD WATER TEST
Fudge, penuchi, operas, maple creams, etc.	234 or 236° F.	soft ball
Fondant	238 or 240° F.	soft ball
Caramels	246 or 248° F.	firm ball
Taffies	265 - 270° F.	hard ball
Butterscotch, toffee, etc.	290 - 300° F.	crack
Brittles	300 - 310° F.	hard crack
Clear hard candies	310° F.	hard crack

## CHAPTER II

### Utensils for Candy Making

**The Thermometer.** — A thermometer is essential in order to obtain uniformly good results in candy making. Experience can teach you to know when candy is done, either by its appearance, or by the “feel” of the “cold water test.” But in gaining this experience, you may waste much material and time. Even when you have once gained the experience, unless you make candy frequently you lose your skill. The thermometer obviates the waste of time and material in learning to know when candy is done, and gives a reliable test for the temperature to which the candy should be cooked.

Either of two types of thermometer may be purchased — the chemical thermometer or the thermometer specially designed for candy making, with a metal back and an adjustable hook which fits over the side of the candy pan. The advantages of this latter type are that it need not be held in place while the candy is cooking, and it is not likely to break because of the protection of the metal back. Its disadvantages are that it is difficult to clean, and it cannot be used with small quantities of candy in the saucepan because the bulb will not be covered. This type of thermometer should be moved from time to time along the side of the

pan when the candy is being stirred, so that the candy will not scorch where the thermometer hangs.

The chemical thermometer has the advantage of being easily cleaned and being practical for use with small amounts of candy. It can also be used for determining oven temperatures. Its only disadvantages are that it is more easily broken and it must be held in the candy, as it cannot be hung on the side of the kettle.

The chemical thermometer should be laid on a damp cloth when taken from the hot candy syrup. If laid on a cold slab or table it may break. It should be cleaned and put into a case when not in use.

The Fahrenheit thermometer has been used in our candy making. The centigrade thermometer can be used, if desired, but all of the temperatures given must be changed to the centigrade scale.

**Saucepans.** — Choose a saucepan of the proper size for the kind of candy to be made. Remember that all candy “boils up” and space must be allowed for this.

The saucepan should have a smooth surface, because any rough spot may cause the candy to stick and burn. Copper, aluminum, agate, or tin may be used.

**Spoons and Spatulas.** — Wooden spoons are desirable for candy making, because they do not become too hot to handle when left in the cooking candy. It is also easier to beat with a wooden spoon, because the handle does not cut into the hand.

For measuring, use standard tablespoons and teaspoons. All measurements are level.

A medium sized spatula is very desirable for candy

making. The flexible blade is an aid in scraping the candy from pans and platters, in raising brittle from the slab, and in taking such candy as caramels and fudge from the pans.

**Fondant Paddles.** — A clean putty knife, with a blade of medium width, can be used as a fondant paddle. Special fondant paddles of wood, or of metal with wooden handles, can be purchased. A pancake turner can be used if fondant paddles cannot be procured.

**Measuring Cups.** — It is better to use a standard measuring cup than a tea cup. Many tea cups contain less than a half pint, and, if used, will throw other measurements out of proportion.

**Slabs, Baking Sheets, Platters, or Pans.** — A marble slab is desirable for candy making, but not essential. It furnishes a smooth, level surface, and is apt to be larger than the ordinary household platter or baking sheet. It is especially desirable when dropping fondant patties, making lollypops, or pouring brittles. You may have an old-fashioned, marble-topped table or bureau, from which the slab can be removed for use in candy making.

Tin baking sheets, such as are used for cookies, are desirable when slabs are not available, because they have a larger surface than the ordinary cake pan. They should be inverted for brittles and similar candies when the edge of the pan would be in the way.

A platter is smooth and therefore useful when a slab or large baking sheet is not available for the types of



candies mentioned above. When a flat surface is necessary, the platter should be inverted. A platter, uninverted, can be used for taffy which is to be taken out and pulled, or for fondant which is to be beaten, but should not be used for such things as fudge or caramels. The latter types of candy take the shape of the utensil into which they are poured, and therefore should be poured into a pan with square corners. When a platter is used, several pieces from the batch will be unattractive in shape.

**Professional Equipment.** — Even for home use, a slab with metal candy bars is useful. By means of the bars you can regulate the size of your block of candy, and hence its thickness. When the candy is firm the bars can be removed, and the candy is ready for cutting without the struggle of getting it out of the pan. If you decide to go into candy making on a commercial scale you will need additional equipment. The best thing to do is to visit a wholesale confectioners' supply house and select what will meet your individual needs.

## CHAPTER III

### What We Put into Candy

**Sugar.** — Granulated sugar is to be used in all recipes unless otherwise specified.

When brown sugar is employed, try to obtain the light brown, which is neither strong in flavor nor sticky. Brown sugar contains some acid which may cause milk to curdle, and therefore, when they are used together, the mixture must be stirred constantly during cooking.

If confectioners' sugar is used, be sure it is free from lumps.

**Molasses.** — Do not use the dark, strong molasses, unless you are partial to its peculiar flavor. The majority of persons prefer the more delicate flavor of medium or light molasses.

**Corn Syrup.** — There are two kinds of corn syrup in general use — the light and the dark. Do not use the dark when the light is called for, because its stronger flavor and dark color may not be desirable.

Corn syrup is used in many recipes to prevent the forming of large sugar crystals instead of the cream of tartar or lemon juice commonly called for.

**Butter.** — If butter is not too expensive, it is desirable in candy because of its flavor. The pans should

always be greased with butter, because some of the grease from the pan will stick to the candy and this will be tasted first when the candy is eaten. When butter costs too much, butterine is the best substitute. Use equal measures in substituting.

APPROXIMATE WEIGHTS AND MEASURES  
TO BE USED AS A GUIDE IN PURCHASING MATERIALS

MATERIAL	WEIGHT OF ONE CUPFUL	NUMBER OF CUPS TO A POUND
Almonds.....	4 ounces	4
Butter.....	8 ounces	2
Butterine.....	8 ounces	2
Cherries, candied.....	8 ounces	2
Cocoa.....	4½ ounces	3½
Cocanut, desiccated.....	3½ ounces	5
Corn syrup.....	12 ounces	1½
Dates.....	5¾ ounces	2⅔
English walnuts, shelled.....	3¾ ounces	4¼
Peanuts, shelled.....	6¼ ounces	2½
Pecans, shelled.....	3¾ ounces	4¼
Pistachio nuts.....	4 ounces	4
Raisins.....	5 ounces	3⅓
Sugar, brown.....	6 ounces	2⅔
Sugar, confectioners'.....	5⅓ ounces	3
Sugar, granulated.....	8 ounces	2

**Milk.** — Unless otherwise stated, fresh milk is meant when “milk” is called for in a recipe. If fresh milk cannot be secured, use unsweetened canned milk, diluted according to directions given on the can, or powdered milk, mixed with water.

The sweetened, canned milk will add sugar to the recipe and throw out the proportions of ingredients.

When cream is called for we mean a moderately heavy cream. When this is not available, use a thinner cream, or top milk, and add two tablespoons of butter to each cup. When a recipe calls for cream, the substitution of milk will not give the same results.

**Cocoa and Chocolate.** — In recipes where chocolate is called for, cocoa may be substituted, in the proportions of three tablespoons of cocoa and three-quarters of a tablespoon of butter, for each square (ounce) of chocolate. The extra butter is added because the chocolate contains more fat than the cocoa.

## CHAPTER IV

### Fondant

**General Directions.** — The primary object in fondant making is to produce a creamy mass in which the crystals are of the smallest possible size.

Fondant of a fine, smooth texture can be made from sugar and water, but success is more certain if corn syrup is added, or if some acid is added to change some of the sugar into a form which retards crystallization.

The acids in most common use in fondant making are:

cream of tartar	acetic acid
lemon juice	vinegar

Their effect upon the texture of fondant is practically the same. Cream of tartar is the acid in most general use because of its lack of distinctive flavor and the fact that it is easy to handle and is usually on hand in the kitchen. The taste of vinegar may be detected and lemon juice or acetic acid usually have to be specially purchased.

For a fondant recipe containing 2 cups of sugar use:

corn syrup	2 tablespoons
or cream of tartar	$\frac{1}{8}$ teaspoon
or vinegar	$\frac{1}{2}$ teaspoon
or lemon juice	$\frac{1}{2}$ teaspoon
or acetic acid (36%)	3 drops

Corn syrup is more likely to give consistently good results than the acids. With the acids there is the danger that a prolonged time of cooking will produce a fondant which is very soft and sticky.

Care must be taken to *cook* the fondant to the right temperature and to *cool* it to the right temperature before beginning beating.

Detailed directions for the cooking of fondant are given under the recipe for vanilla fondant.

Suggestions for the use of fondant will be found in Chapter V, What Can be Done With Fondant.

### VANILLA FONDANT

#### LARGE RECIPE

Sugar, 2 cups  
 Water,  $1\frac{1}{4}$  cups  
 Light corn syrup, 2 table-  
 spoons  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Water,  $\frac{3}{4}$  cup  
 Light corn syrup, 1 table-  
 spoon  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put the sugar, water, and corn syrup into a saucepan and cook, stirring constantly until the sugar is dissolved. Remove the spoon and do not stir the candy again during the cooking.

When the candy begins to boil, cover the saucepan and cook for three minutes. The steam formed washes down any sugar crystals which may be thrown on the sides of the saucepan. Remove the cover and continue cooking.

From time to time wash away any sugar crystals which appear on the sides of the saucepan. For this

purpose a fork, covered with cheesecloth and dipped into cold water, may be used.

Cook until the temperature 238° F. is reached.<sup>1</sup>

Remove from fire and pour at once on a cold wet platter. Cool to 110° F. (lukewarm). Beat with a fondant paddle or a spatula until the fondant becomes white and creamy. Add vanilla and knead until the mass is smooth and no lumps remain.

Put away in a crock or glass jar and allow to ripen for two or three days before using. The fondant can be kept for three or four weeks if waxed paper is laid over it and it is kept tightly covered. If it begins to become dry, it should be covered with a damp cloth.

Cold water test when fondant is cooked to 238° F.: soft ball.

Yield (large recipe): weight — one pound.

### CHOCOLATE FONDANT

Vanilla fondant, 1 cup

Chocolate, 2 squares (2 ounces)

Vanilla, ½ teaspoon

Melt the chocolate over hot water. Add to the fondant, and knead until well-blended. Although the fondant itself has been flavored, add vanilla, because, after the addition of chocolate, the flavoring in the fondant is less pronounced.

<sup>1</sup> If a firmer fondant is desired for molding, cook to 240° F. The fondant cooked to 238° F. is suitable for cake frosting, mints, cocoanut drops, fudge de luxe, etc.

## COCOA FONDANT

Vanilla fondant, 1 cup

Cocoa, 3 tablespoons

Vanilla, 1 teaspoon

Add the cocoa gradually to the fondant, kneading it through the mass. If the fondant is quite stiff it may be necessary to add a few drops of warm water while kneading in the cocoa. Add the flavoring, as the cocoa disguises the vanilla in the fondant.

## COFFEE FONDANT

## LARGE RECIPE

Sugar, 2 cups

Strong coffee, strained,

1 $\frac{1}{4}$  cupsLight corn syrup, 2 table-  
spoons

Vanilla, 1 teaspoon

## SMALL RECIPE

Sugar, 1 cup

Strong coffee, strained,

 $\frac{3}{4}$  cupLight corn syrup, 1 table-  
spoonVanilla,  $\frac{1}{2}$  teaspoon

Make strong coffee and strain it through cheesecloth so that it will be absolutely free from grounds.

Put the sugar, coffee, and corn syrup into a saucepan and cook, following general directions for fondant making under vanilla fondant.

## MAPLE FONDANT

## LARGE RECIPE

Sugar, 2 cups

Maple syrup,  $\frac{2}{3}$  cupWater,  $\frac{3}{4}$  cup

Vanilla, 1 teaspoon

## SMALL RECIPE

Sugar, 1 cup

Maple syrup,  $\frac{1}{3}$  cupWater,  $\frac{1}{2}$  cupVanilla,  $\frac{1}{2}$  teaspoon



Put the sugar, syrup, and water into a saucepan and cook, following the directions for making given under vanilla fondant. This fondant is softer than vanilla fondant, hence it should be cooked to 240° F.

### CARAMEL FONDANT

#### LARGE RECIPE

Sugar, 2 cups  
 Caramel syrup,  $\frac{2}{3}$  cup  
 Water,  $\frac{3}{4}$  cup  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Caramel syrup,  $\frac{1}{3}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

If you do not have caramel syrup on hand it can be made by following the directions given below.

Put the sugar, caramel syrup, and water into a saucepan and cook, following the directions for making given under vanilla fondant. Cook until the temperature 240° F. is reached because the caramel tends to make the fondant softer and more sticky.

### CARAMEL SYRUP

Sugar, 1 cup  
 Boiling water, 1 cup

Heat the sugar in a frying pan, stirring constantly until it is melted to a syrup of light brown color. Do not try to heat the sugar too rapidly or it will scorch.

Add the boiling water and stir until a smooth syrup is formed. Allow to simmer for about ten minutes. Remove from fire and keep in a covered jar until needed.

## BROWN SUGAR FONDANT

## LARGE RECIPE

Granulated sugar, 1 cup  
 Brown sugar, 1 cup  
 Water,  $1\frac{1}{4}$  cups  
 Vanilla, 1 teaspoon

## SMALL RECIPE

Granulated sugar,  $\frac{1}{2}$  cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Water,  $\frac{3}{4}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put the white sugar, brown sugar, and water into a saucepan and cook, following the directions for making given under vanilla fondant.

No corn syrup is needed for this fondant, the acid in the brown sugar making the fondant creamy.

## LEMON FONDANT

## LARGE RECIPE

Sugar, 2 cups  
 Water, 1 cup  
 Light corn syrup, 2 table-  
 spoons  
 Grated rind of  $\frac{1}{2}$  lemon  
 Lemon juice, 3 tablespoons

## SMALL RECIPE

Sugar, 1 cup  
 Water,  $\frac{3}{4}$  cup  
 Light corn syrup, 1 table-  
 spoon  
 Grated rind of  $\frac{1}{4}$  lemon  
 Lemon juice,  $1\frac{1}{2}$  table-  
 spoons

Wash the lemon and grate the rind, using only the yellow part, as the white gives the candy a bitter taste.

Put the sugar, water, and corn syrup into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature  $248^{\circ}$  F. is reached. If any sugar crystals form on the side of the pan during the cooking, wash them away with a wet cloth.

Remove the syrup from the fire. Mix together the lemon juice and rind, and spread them over a damp platter. Pour the hot syrup at once over the fruit mixture. Do not stir. Cool to 110° F. (lukewarm). Beat until creamy. This is somewhat difficult to beat at first because the fruit juice does not blend easily with the candy. A long beating is required. When the fondant becomes thick and can be handled, knead until smooth.

Put away in a covered jar until wanted.

Cold water test when fondant reaches 248° F.: firm ball.

Yield (large recipe): weight — one pound.

### ORANGE FONDANT

#### LARGE RECIPE

Sugar, 2 cups  
 Water, 1 cup  
 Light corn syrup, 2 table-  
 spoons  
 Orange juice, 3 tablespoons  
 Grated rind of 1 orange  
 Lemon juice, 1 tablespoon

#### SMALL RECIPE

Sugar, 1 cup  
 Water,  $\frac{3}{4}$  cup  
 Light corn syrup, 1 table-  
 spoon  
 Orange juice,  $1\frac{1}{2}$  table-  
 spoons  
 Grated rind of  $\frac{1}{2}$  orange  
 Lemon juice,  $\frac{1}{2}$  tablespoon

Put the sugar, water, and corn syrup into a saucepan and cook, following general directions for the cooking of vanilla fondant, except for the temperature to which the syrup is cooked.

Cook until the temperature 252° F. is reached.

Remove from fire. Mix together the orange juice, rind, and lemon juice. Spread over a cold platter. Pour the hot syrup over the fruit mixture. Do not stir.

Cool to 110° F. (lukewarm) and beat, following general directions for the beating, kneading, and storing of fondant.

It is somewhat difficult to beat this fondant because the thick syrup does not blend easily with the fruit juices.

Cold water test when the fondant reaches 252° F.: very firm ball.

Yield (large recipe): weight — one pound.

### BUTTER FONDANT

#### LARGE RECIPE

Sugar, 2 cups  
Milk,  $\frac{3}{4}$  cup  
Light corn syrup, 1 table-  
spoon  
Butter, 1 tablespoon  
Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
Milk,  $\frac{1}{2}$  cup  
Light corn syrup,  $\frac{1}{2}$  table-  
spoon  
Butter,  $\frac{1}{2}$  tablespoon  
Vanilla,  $\frac{1}{2}$  teaspoon

Put all of the ingredients except the butter and the vanilla into a saucepan and cook, stirring until the sugar is dissolved.

Continue cooking until the temperature 238° F. is reached. Occasional stirring will be required to prevent butter fondant from scorching.

Remove from fire, add butter, and allow to stand until butter is melted. Stir only enough to mix the butter

through the mass and pour on a platter which has been rinsed with cold water.

When cool (110° F.) add vanilla and begin beating with a fondant paddle. Follow general directions for the beating and kneading of fondant.

This is not quite so smooth as the water fondant. It has a slightly caramel flavor and a rich, cream color. It makes delicious centers for pecan rolls or for chocolates.

Cold water test when fondant reaches 238° F.: soft ball.

Yield (large recipe): weight — one pound.

### ORIENTAL CREAMS

#### LARGE RECIPE

Sugar, 2 cups  
 Egg white, 1  
 Water, 1 cup  
 Glycerine,  $\frac{1}{4}$  teaspoon  
 Light corn syrup, 1 table-  
 spoon  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Egg white,  $\frac{1}{2}$   
 Water,  $\frac{3}{4}$  cup  
 Glycerine,  $\frac{1}{8}$  teaspoon  
 Light corn syrup,  $\frac{1}{2}$  table-  
 spoon  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put the sugar, water, and corn syrup into a saucepan and cook, stirring constantly until the sugar is dissolved. Remove the spoon and do not stir the candy again during the cooking.

When the candy begins to boil, add glycerine, cover the saucepan, and cook for three minutes. The steam formed washes down any sugar crystals which may be

thrown on the sides of the saucepan. Remove the cover and continue cooking.

From time to time wash away any sugar crystals which appear on the sides of the saucepan. For this purpose a fork covered with cheesecloth and dipped into cold water may be used. Cook until the temperature 240° F. is reached.

Remove from fire and pour at once on a cold, wet platter. Cool to 110° F. (lukewarm).

Spread the stiffly beaten egg white over the cooled fondant. Beat with a fondant paddle or spatula until the fondant becomes white and creamy. Add vanilla and work until the mass is smooth and no lumps remain.

The fondant should be shaped at once for centers for chocolates and put in a cold place. Because the fondant softens upon standing it should be dipped as soon as possible after shaping.

This kind of fondant is especially adapted for cream centers for chocolates because it becomes very soft upon ripening. Directions for chocolate dipping are given in Chapter XVI.

Cold water test when syrup reaches 240° F.: soft ball.

Yield (large recipe): one and three-quarters cups fondant; weight — fifteen ounces.

## CHAPTER V

### What Can be Done with Fondant

There has been some prejudice against fondant as a homemade candy because too often it has been merely flavored with vanilla, and then made into little balls with nuts on top. This combination is too sweet, is not attractive looking, and dries out quickly.

Such candies are uninteresting, but the makers should be blamed rather than the fondant. Fondant can be used as the foundation for many candies which are interesting and delicious.

**Fondant Patties.** — The simplest way of giving character to fondant is by adding flavor and color and by making it into patties — the round cream peppermints and wintergreens which are used so often as after-dinner candies. These can be made in two ways, dropped or molded.

For either kind of patties the fondant must be melted over hot water. It is better to melt a small amount of fondant (about one cup) at a time. With large amounts there is danger of making the last of the patties sugary because of crystallization. This is caused by the hardening of the fondant on the sides of the pan, or by the stirring necessitated by the dipping out of the patties.

Keep the water under the fondant (in the bottom part of the double boiler if you are using one) just below



SOME OF THE MANY INTERESTING WAYS OF USING FONDANT



the boiling point. Stir the melting fondant enough to blend it. If the fondant is very soft it should be dried over the hot water for about ten minutes so that the patties will hold their shape. It can be tested by dropping a small amount on waxed paper to see that it becomes firm.

If the fondant is rather stiff before melting, it should not be allowed to stand over the hot water after it is well softened. It may be necessary to add a teaspoon of hot water so that it can be dropped easily.

When the fondant is melted and ready for use, the coloring and flavoring should be added with as little stirring as possible. Your own judgment will have to be used for the amounts of coloring and flavoring. Flavoring oils are better to use than essences because they are stronger, and a few drops will give the desired flavor. In adding an essence it is sometimes necessary to add so much that the consistency of the fondant is affected.

Peppermints are usually left white, unless some color is desired for a special color scheme. Pink is the accepted color for wintergreen patties, green for spearmint or lime, bright red for cinnamon or clove, and pale yellow for lemon. For coffee, orange, or maple patties, use fondants made according to directions for these special flavors. It is impossible to add enough coffee or orange juice to flavor a white fondant without making it entirely too moist. The maple flavor should be obtained from maple sugar or syrup, which cannot be added to the cooked fondant.

*Dropped Patties.* — The dropped patties are made by dropping the melted, flavored fondant from the tip of a teaspoon onto waxed paper or a greased, flat surface. For after-dinner candies these are usually no larger in size than a quarter. As soon as firm, they should be loosened and lifted because if they stand too long they will break when taken up.

These dropped patties are hard to make because it is almost impossible to get them uniform in size and truly round. It is also difficult to have them smooth on top, because the last drops from the tip of the spoon are apt to make a little lump, or form a sugary spot.

*Molded Patties.* — These difficulties can be avoided by dropping the patties into the smallest sized muffin tins or patty pans, making a one-quarter of an inch layer. The pans should be lightly buttered or dusted with cornstarch, so that the patties will slip out easily. If the fondant is thin enough, pour the melted fondant directly from the top of the double boiler into the pans, instead of dipping it out by spoonfuls. This enables you to work more quickly and there is less stirring of the fondant than when the patties are dipped out. When the patties are cold and firm, invert the pans on a clean, folded tea towel; tap the bottoms lightly, and the patties will fall out in perfect shapes. The soft towel will prevent them from breaking.

These patties are thicker than when dropped from the spoon, and therefore remain creamy longer.

The patties can be made attractive by simple decorations which are discussed in Chapter XVIII.

**Fondant Kisses.** — For these kisses, melt the fondant according to directions given for fondant patties. To the melted fondant, add flavoring, coloring, if desired, and either nuts or cocoanut. Add a third of a cup of broken nut meats or desiccated cocoanut to a cup of fondant. This mixture will be stiffer than that used



KISSES IN CHOCOLATE

for the cream patties, and when dropped from the spoon should form a little mound on the waxed paper or the greased platter. If the kisses are too soft to hold their shape when dropped, cool the mixture before dropping, or cook it a little longer over the hot water.

Either maple, coffee, or brown sugar fondant can be used for the kisses and these are usually more popular than those made from the plain vanilla fondant.

*Kisses in Chocolate.* — These are made by dipping the lower part of the kisses in melted coating chocolate. Follow general directions for melting chocolate, given in Chapter XVI. Put the melted chocolate to be used for dipping into a sauce dish, having it only about three-eighths to one-half of an inch deep — the depth you wish the chocolate on the sides of the kisses. Set the kisses, one by one, into the chocolate, lift out carefully, and place on the oil cloth covered boards used for chocolate coating, or on waxed paper.

The kisses may be taken from the chocolate dipping dish and set into chopped nuts. Blanched pistachio nuts are especially pretty on account of their color.

**Fondant Loaves.** — For fondant loaves the fondant is not melted, but fruits and nuts are kneaded into it. Knead only enough to mix the fruit through the mass. If too much mixing is done the fondant will be discolored. The beauty of a fondant loaf is in having the fruit colors stand out in the light candy.

Do not chop the fruit into very small pieces. When the loaf is cut, a slice of a cherry will be more attractive than small bits of red which have lost their identity.

The following are good combinations for fondant loaves:

(1) Candied cherries, pineapple, and pistachio nuts. This is especially pretty in Christmas candies because of the red and green colors.

(2) Dates, figs, and nuts.

(3) Raisins, cherries, and almonds.

(4) Desiccated cocoanut and candied apricots.

A loaf can be shaped with the hands or molded in a pan. It is easier to make a loaf of regular shape when a pan is used. Allow the fondant mixed with fruits to stand until firm. Turn out. Slice.

Especially interesting is the two layer loaf, made as a layer cake. Cut two pieces of fondant loaf mixture the same size, about one and one-quarter inches thick, six inches long, and two inches wide. Cover one piece with melted coating chocolate, lay the other piece on top, and coat the whole with chocolate. When cold, slice. Nuts may be sprinkled over the chocolate coating while it is still soft.

*Neapolitan Fondant.* — A fondant loaf may be made in three layers of different colors. These may be put together with chocolate if desired. Nuts and fruits may be put in one or more layers.

A good combination is a layer of maple fondant, a layer of pink fondant, with candied cherries, and a layer of butter fondant with pistachio nuts.

#### SYRUP FOR SATIN FONDANT COATING

Sugar,  $\frac{1}{2}$  cup

Water,  $\frac{1}{2}$  cup

Light corn syrup, 2 tablespoons

Glycerine, 1 tablespoon

Put the sugar, corn syrup, and water into a saucepan and cook, stirring, until the sugar is dissolved. Continue cooking, without stirring, until the temperature 220° F. is reached. Skim, and, if necessary, strain through cheesecloth.

Cool to 180° F. and add glycerine. Put into a sterilized glass jar or bottle; seal and keep in a cool place for future use. This need not stand, but can be used immediately after being made.

This syrup gives the fondant coating a gloss and helps to keep it soft and mellow.

### SATIN FONDANT COATING

#### LARGE RECIPE

Vanilla fondant, 1 cup  
Coating syrup, 1½ tea-  
spoons

#### SMALL RECIPE

Vanilla fondant, ½ cup  
Coating syrup, ¾ tea-  
spoon

Heat the fondant over water which is just below the boiling point. Stir so that the fondant will melt evenly and that which is in the bottom will not become liquid. Add the coating syrup and stir only enough to blend. When all the fondant is melted and thin enough to make a smooth coating, dip into it the nuts or bonbon centers.

If cream centers are to be coated, shape them in small balls, and then press them until the top is slightly peaked. Drop into the fondant with the peak side down. Press into the coating until completely covered. Remove with a fork or a wire candy dipper. In taking the fork from the dipping pan scrape it on the edge of the pan to remove superfluous fondant. The bonbon will lie on the fork with the top or peaked side down. Drop it from the fork to the board so that the peak comes upward. As the fork leaves the candy a small

amount of coating will cling to it, and this by a turn of the fork can be made into the little fancy twist which gives the bonbon a professional air.

The cream centers should be made quite small. Don't forget that when covered with fondant they will be much larger.

If the fondant becomes too thin over the hot water, remove it from the water until it thickens.

It is more satisfactory to work with a small amount of fondant. Not more than one cup should be melted at one time, and, if you have a small utensil so that the fondant will be deep enough to cover the bonbons, one-half of a cup is better.

Dip only one bonbon at a time. If a fondant center remains in the warm coating, it will lose its shape.

The fondant coating is especially desirable when given soft pastel tints. When the coating fondant is ready for use, add a drop or two of coloring and stir enough to mix so there are no streaks. Do not make the colors too vivid, as this is the failing of the amateur.

**Fondant Covered Raisins.** — Use satin fondant coating, recipe for which is given on page 30.

Melt the satin fondant coating according to directions given in the recipe.

Clean the raisins and remove stems and bits of seed. If raisins are allowed to remain in the fondant they will discolor it, hence they should be dropped in one at a time. Press the raisin into the coating until completely coated and remove with a fork or a wire candy dipper.

Lay the coated raisin on heavy waxed paper or choco-

late dipping boards, or drop it into finely chopped nuts and roll until completely covered.

These are more attractive for boxes when dipped into tinted fondant. Especially pretty are raisins dipped in pink satin coating fondant and rolled lightly in chopped pistachio nuts or browned almonds, so that you can catch glimpses of the color.

**Fondant Animals.**—Every child likes animal crackers, but they are more popular than ever when coated with fondant. Maybe no one ever saw a purple cow, but a pale pink lamb or a white elephant will please a child.

Use satin fondant coating, for which recipe is given on page 30. Dip the animals, one by one, according to directions given under satin fondant coating. To make the upper surface of the animals smooth, lift them from the coating with the top uppermost and slip the fork from underneath.

The animal can be made more realistic by decorations of melted chocolate, drawn on with a toothpick.

**Fondant Coated Nuts.**—Use satin fondant coating, recipe for which is given on page 30.

Select large perfect nut meats. If almonds are to be used, blanch them and heat them in the oven until crisp and delicately browned. Freshen pecans or walnuts by crisping them in a moderate oven.

Melt the satin fondant coating, according to directions given in the recipe. Drop several nuts into the fondant, press them into the coating until completely covered, and remove one at a time with a fork or wire candy dipper.



When taken from the coating, the nuts may be laid immediately on the chocolate dipping boards or heavy waxed paper, or they may be dropped into chopped nuts and rolled until completely covered.

An unusually good-looking confection is a nut which has been dipped into a pink satin coating, and then rolled lightly in chopped green pistachio nuts so that a glimpse of the pink shows through.

The coated nuts can be sprinkled with tiny candies, or rolled in chopped, desiccated cocoanut.

### MAPLE COATING

#### LARGE RECIPE

Maple sugar, 1 cup  
 Granulated sugar, 1 cup  
 Water,  $1\frac{1}{4}$  cups  
 Light corn syrup, 1 table-  
 spoon  
 Glycerine,  $1\frac{1}{2}$  teaspoons

#### SMALL RECIPE

Maple sugar,  $\frac{1}{2}$  cup  
 Granulated sugar,  $\frac{1}{2}$  cup  
 Water,  $\frac{3}{4}$  cup  
 Light corn syrup,  $\frac{1}{2}$  table-  
 spoon  
 Glycerine,  $\frac{3}{4}$  teaspoon

Break the maple sugar into pieces and put it into a saucepan with the granulated sugar, water, and corn syrup. Cook slowly, stirring until the sugar is dissolved. Then add the glycerine and continue cooking, without stirring, until the temperature  $238^{\circ}$  F. is reached. Should sugar crystals form on the sides of the pan wash them away with a piece of wet cloth.

Remove from the fire and pour on a cold wet platter. Cool to  $110^{\circ}$  F. (lukewarm). Beat with a fondant paddle or spatula until the fondant becomes light and

creamy. Knead until the mass is smooth and no lumps remain.

This can be used at once for coating or put away and kept for several days.

For coating, melt over hot water, following the directions given under satin fondant coating, page 30. Add the coating syrup, in the proportions given, one and one-half teaspoons of the syrup to each cup of fondant.

Cold water test when maple coating reaches 238° F.: soft ball.

## CHAPTER VI

### Fudge, Penuchi, and Operas

**General Directions for Fudge.**— Fudge is one of the most popular of the candies made at home. There is a tradition that it originated in one of the colleges for women. Whether or not this is true, fudge has become an undeniable part of college life. Perhaps this is because the recipe can be varied in so many ways and the cooking can be done more or less carelessly and yet something passably edible will result.

However, there is no need for making fudge only “passably edible” when by following certain rules the fudge will be good every time. The original fudge always contained chocolate. Although now “maple” or “brown sugar” fudge is sold, containing no chocolate, there are many who think that this is not real fudge.

The best fudge should be of a very smooth texture, not in the least granular, and soft enough to cut into even pieces without breaking. The pieces should be from one-half to three-fourths of an inch thick. If the fudge is too thin it dries out quickly.

The use of corn syrup is advised because the fudge will have a smoother texture and will keep moist for a longer time than when sugar is used alone.



SUPER FUDGE: SOME OF THE CANDIES WHICH CAN BE MADE FROM IT

Probably the most important factor in making good fudge is the temperature at which it is beaten. When removed from the fire it should be allowed to cool to 110° F. (lukewarm) before it is stirred at all. Do not even stir in the butter. If stirred while hot, large sugar crystals will form and the fudge will be grainy. If allowed to cool before being stirred, the sugar crystals that form will be so small that the fudge will be as smooth as any one could desire.

Sometimes fudge curdles. This is due to the action of the acid of the chocolate on the milk. This curdling can be prevented by constant stirring during the first part of the cooking until the mass is well blended. Should curdling occur, the only remedy is constant stirring during the cooking process. This prevents the formation of larger curds and breaks up those already formed.

The recipes given here call for one square of chocolate to a cup of sugar. This makes a fudge of medium darkness. For a more "chocolaty" fudge use additional chocolate.

If corn syrup is used a long beating is necessary. Many people make the mistake of turning out their fudge before it has been sufficiently beaten. Fudge should be beaten until a small amount dropped from the spoon holds its shape. It can then be put into the pans. It may not be so smooth on top as the fudge turned out sooner but it will have a creamier texture, which is more important.

## COLLEGE FUDGE

## LARGE RECIPE

Sugar, 2 cups  
 Milk,  $\frac{2}{3}$  cup  
 Chocolate, 2 squares  
 (2 ounces)  
 Light corn syrup, 2 table-  
 spoons  
 Butter, 2 tablespoons  
 Vanilla, 1 teaspoon

## SMALL RECIPE

Sugar, 1 cup  
 Milk,  $\frac{1}{2}$  cup  
 Chocolate, 1 square  
 (1 ounce)  
 Light corn syrup, 1 table-  
 spoon  
 Butter, 1 tablespoon  
 Vanilla,  $\frac{1}{2}$  teaspoon

Break the chocolate into small pieces, so that it will melt easily.

Put the sugar, milk, chocolate, and corn syrup into a saucepan and cook slowly, stirring until the sugar is dissolved. Continue cooking, stirring often to prevent burning, until the temperature  $236^{\circ}$  F. is reached.

Remove from the fire, add butter, and set aside to cool without stirring. When the candy has cooled to  $110^{\circ}$  F. (lukewarm), add vanilla and begin to beat. Continue beating until the fudge loses its shiny look and a small amount dropped from the spoon will hold its shape. Pour into slightly greased pans.

Be sure to beat the fudge until it has lost its sticky consistency before pouring it into the pans. Fudge made with corn syrup requires longer beating than other fudge.

It may be necessary to knead the fudge in order to put it into the pans.

When cold cut into squares.

Cold water test when fudge reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — eighteen (two inches square, at least one-half of an inch thick); weight — one and one-quarter pounds.

### BROWN SUGAR FUDGE I

#### LARGE RECIPE

Brown sugar, 1 cup  
 Granulated sugar, 1 cup  
 Milk,  $\frac{2}{3}$  cup  
 Chocolate, 2 squares  
 (2 ounces)  
 Butter, 2 tablespoons  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Brown sugar,  $\frac{1}{2}$  cup  
 Granulated sugar,  $\frac{1}{2}$  cup  
 Milk,  $\frac{1}{2}$  cup  
 Chocolate, 1 square  
 (1 ounce)  
 Butter, 1 tablespoon  
 Vanilla,  $\frac{1}{2}$  teaspoon

Break the chocolate into small pieces so that it will melt easily. Put the sugar, milk, and chocolate into a saucepan and cook slowly, stirring constantly, until the temperature 236° F. is reached.

Remove from fire, add butter without stirring, and set aside to cool. When the candy has cooled to 110° F. (lukewarm) add vanilla and begin beating. Continue beating until the fudge has lost its shiny look and a small amount dropped from the spoon will hold its shape.

Pour into greased pans.

When cold cut into squares.

Cold water test when candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — eighteen (two inches square and at least one-half of an inch thick); weight — one and one-quarter pounds.

## VARIATIONS IN THE COLLEGE FUDGE RECIPE

**Brown Sugar Fudge II.** — Brown sugar may be substituted for white in the college fudge recipe. The directions for making are the same, except that the fudge must be stirred constantly during the cooking or the acid of the brown sugar will curdle the milk. Cook to 238° F. instead of 236° F. because the acid of the brown sugar produces invert sugar and makes a softer candy.

**Peanut Butter Fudge.** — One-fourth cup of peanut butter may be substituted for the two tablespoons of butter called for in college fudge. The same directions for cooking are followed, the peanut butter being added after the candy is cooked, before setting it aside to cool. Do not try to stir in the peanut butter until the candy has reached 110° F. (lukewarm).

**Nut Fudge.** — One-half cup of broken nut meats may be added to the college fudge or the brown sugar fudge. These should not be put in until the fudge is almost ready to pour into the pans because they make the beating harder. Black walnuts, English walnuts, or pecans are especially good.

**Cocoanut Fudge.** — Fresh or desiccated cocoanut may be added to the fudge instead of nuts. If fresh cocoanut is used be sure that it is thoroughly dried before combining it with the candy or it will make the fudge too soft. To the college fudge recipe, add half a cup of cocoanut just before putting the beaten fudge into the pans.



**Fruit Fudge.** — One-half cup of dried fruit, raisins, figs, or dates may be added to the college fudge, just before putting it into the pans. A mixture of these gives variety.

**Marshmallow Fudge.** — A cup of marshmallows may be cut into small pieces with the scissors and stirred into the fudge just before turning it into the pans. When making marshmallow fudge, use three squares of chocolate instead of two in the college fudge recipe because the darker fudge furnishes a contrast both in flavor and color with the bland, white marshmallows.

### SUPER FUDGE

#### LARGE RECIPE

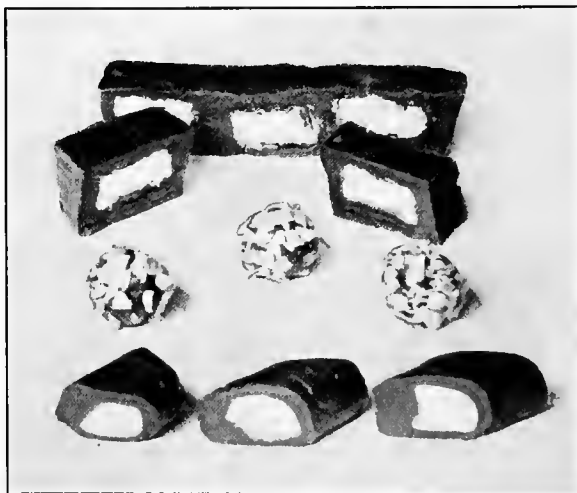
Sugar, 2 cups  
 Milk,  $\frac{2}{3}$  cup  
 Chocolate, 4 squares  
 (4 ounces)  
 Light corn syrup, 2 table-  
 spoons  
 Fondant,  $\frac{3}{4}$  cup  
 Butter, 2 tablespoons  
 Vanilla, 2 teaspoons

#### SMALL RECIPE

Sugar, 1 cup  
 Milk,  $\frac{1}{2}$  cup  
 Chocolate, 2 squares  
 (2 ounces)  
 Light corn syrup, 1 table-  
 spoon  
 Fondant,  $\frac{1}{3}$  cup  
 Butter, 1 tablespoon  
 Vanilla, 1 teaspoon

Break the chocolate into small pieces so that it will melt easily. Put the sugar, milk, chocolate, and corn syrup into a saucepan and cook slowly, stirring until the sugar is dissolved. Continue cooking, stirring to prevent burning, until the temperature  $236^{\circ}$  F. is reached.

Remove from fire, add butter, and set aside to cool. When lukewarm (110° F.) add vanilla and fondant, and beat until the fudge has lost its glossy appearance and can be molded. The fondant should be of the consistency desired in the finished fudge. If the fondant is too soft the fudge cannot be molded. In case the



"BABES IN THE WOODS," FUDGE MARBLES, AND FUDGE LOGS

fondant is very soft it can be dried in the upper part of the double boiler or the fudge can be cooked to 237° F.

Suggestions for the use of super fudge are given on pages 43-45.

Cold water test when fudge reaches 236° F.: soft ball which does not quite hold its shape.

Yield (large recipe): weight — one and two-thirds pounds.

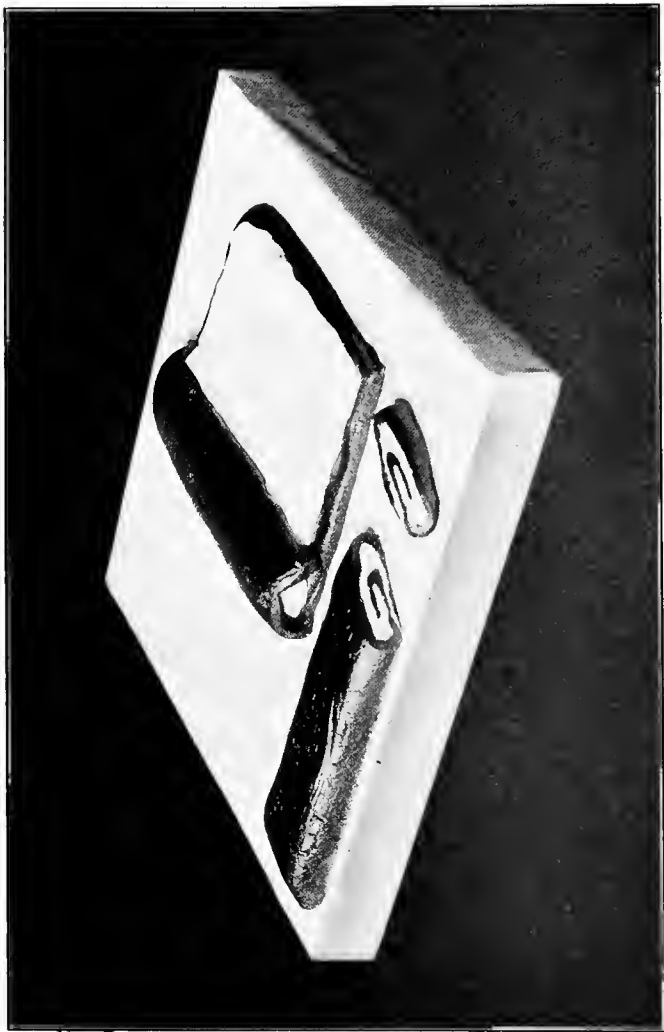
## SUGGESTIONS FOR THE USE OF SUPER FUDGE

**Fudge Marbles.** — Mold the fudge into balls not more than three-fourths of an inch in diameter. If larger the marbles are not nearly so attractive. These marbles can be treated in different ways. They may be rolled in desiccated cocoanut or in chopped nuts. Blanched almonds or pistachio nuts are especially pretty. Marbles rolled in cocoa are popular because they give a finishing touch to a candy box, their dull reddish color contrasting pleasantly with the glossy chocolates.

The marbles may have centers of hazel nuts or of other kinds of candy, such as butter fondant.

**Fudge Roly-Poly.** — On a smooth, greased surface pat out a piece of fudge not larger than four by six inches and about one-third of an inch thick. On top of this place a piece of fondant of the same thickness and shape, but a little smaller in size. Roll as in making a jelly roll, folding the white fondant inside. The finished roll should show no fondant and be perfectly smooth. Allow to stand until firm. Cut, slanting the knife, into slices about one-half inch thick. Wipe the knife after each slice is cut, so that the fondant will not be discolored by the fudge.

**Fudge Logs.** — Make a roll of coffee or butter fondant, about five and one-half inches in length and three-fourths of an inch in diameter. Lay this on a sheet of fudge, pressed out as for a roly-poly. Wrap the fudge round the fondant center. Roll lightly, using both



SUPER FUDGE ROLY-POLY

hands, until smooth and regular in shape. Then roll in chopped nuts, pressing hard enough to imbed the nuts in the fudge.

Slice, slanting the knife, making the pieces about three-fourths of an inch thick. Wipe the knife after each slice is cut so that the fondant center will not be discolored.

**Fudge Double Decker.** — Fudge double decker is a two layer combination, one layer being super fudge and the second layer some contrasting candy, as butter fondant, divinity, coffee fondant, or tutti frutti fondant.

Into a slightly buttered pan, press the fondant or light colored candy, making a layer about three-fourths of an inch thick. On top of this put a layer of super fudge. Allow to stand until firm. Turn out of the pan, coat the top of the light layer with melted dipping chocolate. Before the chocolate hardens sprinkle with chopped nuts or small candies.

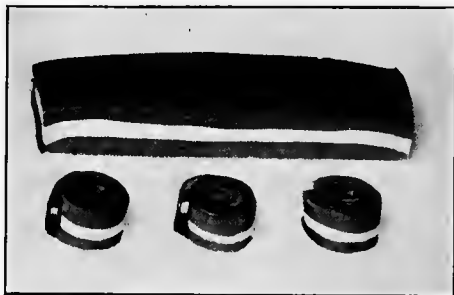
Cut into squares or diamond shapes.

**Fudge Bacon Rolls.** — Prepare a fudge double decker, using vanilla fondant and super fudge. When firm turn out of the pan. Cut into very thin slices and roll.

Three layers may be used instead of two.

**"Babes in the Woods."** — Into small, greased pans, about four by six inches, put a layer of super fudge. Into this press marshmallows, putting in only six so that there is a space between the marshmallows and the sides of the pan and between the marshmallows themselves. Cover with a layer of fudge so that the marshmallows are not visible. When firm turn from the pan,

cut down the center and across the block of candy, putting the knife between the marshmallows. There should be six large squares of fudge each containing a marshmallow, hidden from view. Cut each of these squares across the center revealing the marshmallow,



FUDGE BACON ROLLS

framed in fudge. Care must be taken to have the knife clean for each cutting so that the marshmallows will not be streaked with brown.

### BAKED FUDGE

#### LARGE RECIPE

Eggs, 2  
 Sugar, 1 cup  
 Flour,  $\frac{1}{2}$  cup  
 Butter,  $\frac{1}{3}$  cup  
 Chocolate, 4 squares  
 (4 ounces)  
 Nut meats,  $\frac{1}{2}$  cup  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Egg, 1  
 Sugar,  $\frac{1}{2}$  cup  
 Flour,  $\frac{1}{4}$  cup  
 Butter,  $2\frac{1}{2}$  tablespoons  
 Chocolate, 2 squares  
 (2 ounces)  
 Nut meats,  $\frac{1}{4}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Break the nut meats in pieces and heat them in the oven until crisp.

Melt the chocolate over hot water. When the chocolate is softened, add the butter and melt the two together.

Beat the eggs until light. Add the sugar, and beat well together. Add the melted butter and chocolate, stir in the flour, add nuts and vanilla.

Pour into a greased pan, making a layer only about one-fourth of an inch thick. Bake in a moderate oven (380° F.) for twenty-five minutes.

Remove from oven and cut into squares while warm.

Yield (large recipe): number of pieces — sixteen (about two inches square).

### PENUCHI

**General Directions for Penuchi.** — Penuchi is a creamy candy belonging to the fudge family. Therefore it follows the general rules for temperatures of cooking and cooling which are laid down in the directions for making fudge.

With the brown sugar there is more of a tendency for the milk to curdle so that constant stirring is necessary throughout the cooking.

#### LARGE RECIPE

Brown sugar, 3 cups  
Milk, 1 cup  
Butter, 2 tablespoons  
Vanilla, 1½ teaspoons  
Nut meats, 1½ cups

#### SMALL RECIPE

Brown sugar, 2 cups  
Milk, ⅔ cup  
Butter, 1 tablespoon  
Vanilla, 1 teaspoon  
Nut meats, 1 cup

Put the sugar and milk into a saucepan and cook, stirring constantly, until the temperature 236° F. is reached.

Remove from fire, add butter, and set aside, without stirring, to cool. When lukewarm (110° F.) beat until thick and creamy. Add vanilla and nut meats, and mix thoroughly. Pour into slightly greased pans.

When cold cut into squares.

The flavor of pecans or walnuts is especially good with the penuchi although other nuts may be used.

Cold water test when candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — eighteen; weight — one and one-third pounds.

#### VARIETIES OF PENUCHI

**Coffee Penuchi.** — For coffee penuchi use one cup of strong boiled coffee, carefully strained so as to be free from grounds, instead of the milk called for in the large penuchi recipe. Follow the same general directions for cooking. The blend of brown sugar and coffee flavors is delicious.

**Orange Penuchi.** — Use the large recipe for penuchi and follow the general directions for making, only substitute one cup of candied orange peel for the one and one-half cups of nut meats. The strips of candied orange peel should be cut into bits, small enough to permit the candy to be cut into squares. If left in strips it is difficult to cut through them with a knife after the candy is finished.



**Ginger Penuchi.** — Use the large recipe for penuchi and follow the general directions for making, only leave out the nuts and in their place use one-fourth of a cup of finely cut, candied ginger.

**Fruit Penuchi.** — Raisins, dates, or figs, separately or in combinations, can be used instead of the nuts in penuchi. For a Christmas penuchi, red candied cherries and green pistachio nuts make a seasonable color combination.

### SUPER PENUCHI

#### LARGE RECIPE

Brown sugar, 3 cups  
Thin cream, 1 cup  
Butter, 1 tablespoon  
Vanilla, 1½ teaspoons  
Black walnuts, ⅔ cup

#### SMALL RECIPE

Brown sugar, 2 cups  
Thin cream, ⅔ cup  
Butter, ½ tablespoon  
Vanilla, 1 teaspoon  
Black walnuts, ½ cup

Put the sugar and cream into a saucepan and cook, stirring constantly until the temperature 236° F. is reached. Remove from the fire, add butter, and set aside to cool without stirring.

When lukewarm (110° F.) beat until thick and creamy. Add vanilla and nut meats and mix thoroughly. Pour into slightly greased pans. When cold cut into squares.

This candy is delicious in combination with the super fudge in double deckers. It also can be made into marbles or used as centers for chocolates.

If the cream is very rich use part milk or omit the butter.

Cold water test when the candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — eighteen; weight — one and one-fourth pounds.

### OPERAS

**General Directions for Operas.** — Opera creams are very rich candies and expensive to make. They have excellent keeping qualities owing to the large amount of fat in the cream, hence they can be made several weeks before they are to be used. This makes them valuable for packing in boxes which are to be sent to a distance.

They are usually cut in pieces the size of caramels and may be wrapped as caramels.

Operas also belong to the fudge family, therefore they follow the general rules for temperatures of cooking and cooling which are laid down in the directions for making fudge.

### LIGHT OPERAS

#### LARGE RECIPE

Sugar, 2 cups  
 Heavy cream,  $\frac{3}{4}$  cup  
 Milk, 1 cup  
 Light corn syrup, 1 table-  
 spoon  
 Salt,  $\frac{1}{8}$  teaspoon  
 Vanilla, 1 teaspoon  
 Pecan meats, 1 cup

#### SMALL RECIPE

Sugar, 1 cup  
 Heavy cream,  $\frac{1}{3}$  cup  
 Milk,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{1}{2}$  table-  
 spoon  
 Salt,  $\frac{1}{16}$  teaspoon  
 Vanilla,  $\frac{1}{2}$  teaspoon  
 Pecan meats,  $\frac{1}{2}$  cup

Put all of the ingredients except the nuts and vanilla into a saucepan and cook, stirring constantly, until the temperature  $236^{\circ}$  F. is reached.

Remove from the fire and set aside to cool. When lukewarm ( $110^{\circ}$  F.) add vanilla and beat until the candy becomes creamy and loses its shiny appearance. A long beating is needed. Add nuts and pour into slightly greased pans.

When cold, cut into pieces a little less than an inch square.

If the candy is to be kept for several days the temperature  $234^{\circ}$  F. will be better than  $236^{\circ}$  F. This gives a softer candy.

Cold water test when candy reaches  $236^{\circ}$  F.: soft ball.

Yield (large recipe): number of pieces — thirty-six; weight — one and one-eighth pounds.

### GRAND OPERAS

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 3 table-  
 spoons  
 Cream,  $\frac{1}{2}$  cup  
 Milk,  $1\frac{1}{2}$  cups  
 Salt,  $\frac{1}{4}$  teaspoon  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  
 $1\frac{1}{2}$  tablespoons  
 Cream,  $\frac{1}{4}$  cup  
 Milk, 1 cup  
 Salt,  $\frac{1}{8}$  teaspoon  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put all of the ingredients except the vanilla into a saucepan and cook until the temperature  $236^{\circ}$  F. is reached. It is better to cook this mixture rather slowly

so that some of the sugar may caramelize. During the cooking stir constantly to prevent burning. Candies containing cream scorch easily.

When done turn out on a cold platter. Cool until lukewarm (110° F.). Beat with a fondant paddle until it becomes thick and creamy and has lost its shiny appearance. A long beating is needed.

Press into pans. When cold cut into squares.

This candy is smooth and creamy in texture, buff colored, and very rich. It is especially good when coated with bitter chocolate.

Cold water test when candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — thirty-six; weight — one and one-eighth pounds.

### BROWN SUGAR OPERAS

#### LARGE RECIPE

Granulated sugar, 2 cups  
 Brown sugar, 2 cups  
 Salt,  $\frac{1}{8}$  teaspoon  
 Light corn syrup, 2 table-  
 spoons  
 Condensed milk, 1 cup  
 Milk,  $1\frac{1}{2}$  cups  
 Cream,  $\frac{1}{2}$  cup  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Granulated sugar, 1 cup  
 Brown sugar, 1 cup  
 Salt,  $\frac{1}{16}$  teaspoon  
 Light corn syrup, 1 table-  
 spoon  
 Condensed milk,  $\frac{1}{2}$  cup  
 Milk,  $\frac{3}{4}$  cup  
 Cream,  $\frac{1}{4}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put all the ingredients, except the vanilla, into a saucepan and cook, stirring constantly, until the temperature 236° F. is reached.

Cool to 110° F. (lukewarm). Add vanilla. Beat until the candy is creamy and thick enough to hold its shape and has lost its shiny appearance. A comparatively long time is needed for this beating. Pour into slightly greased pans.

When cold cut into pieces the size of caramels.

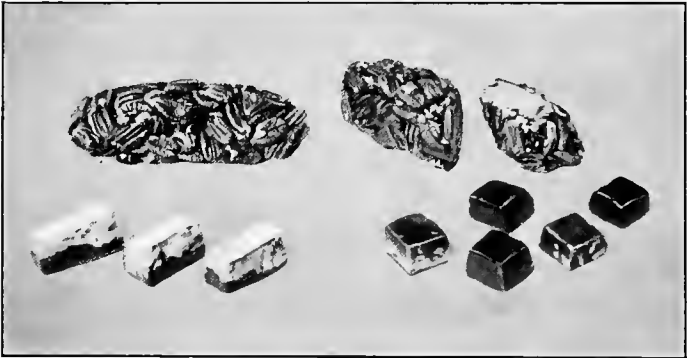
Cold water test when candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — seventy-two; weight — two and one-half pounds.

## CHAPTER VII

### Caramels

**General Suggestions.** — Caramels burn very easily so care must be taken in their making. Select a heavy aluminum, copper, block tin, or unchipped agate saucepan. It is better to cook over a low flame and it is necessary to stir constantly to prevent curdling and scorching.



CARAMEL NUT ROLLS, NOUGAT DOUBLE DECKER, AND BROWN SUGAR CARAMELS

The pans into which caramels are turned when done should be very slightly greased. Excess butter in the pans will make caramels greasy to handle. Use a square or rectangular pan, rather than a round one or a platter, so that all caramels may be of good shape.

Turn the caramels out of the pan so that they can be cut evenly. Use a large knife and cut the whole length of the block of candy with one stroke. If you find it difficult to cut "by eye," mark the candy, and

follow the mark. It is quite important to have caramels well cut and neatly wrapped.

Wrapping should be done as soon after the caramels are cold as possible. Cut the paper into pieces of the right shape for wrapping. Do not have the paper so wide that folded ends must be brought over the top of the caramel.

### VANILLA CARAMELS

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Condensed milk, 1 cup  
 Cream,  $\frac{1}{2}$  cup  
 Milk, 1 cup  
 Butter,  $\frac{1}{4}$  cup  
 Vanilla, 2 teaspoons

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Condensed milk,  $\frac{1}{2}$  cup  
 Cream,  $\frac{1}{4}$  cup  
 Milk,  $\frac{1}{2}$  cup  
 Butter, 2 tablespoons  
 Vanilla, 1 teaspoon

Mix together all the ingredients except the vanilla, and cook over a low flame, stirring constantly, until the mixture reaches 246° F.<sup>1</sup>

Remove from fire, add vanilla, and turn at once into a very slightly greased pan. When cold, turn the block of candy out of the pan in order to cut it more evenly. Cut into squares with a large, sharp knife.

Wrap each caramel in waxed paper.

Cold water test of caramels at 246° F.: a ball of the firmness of the caramel when cold.

Yield (large recipe): seventy-two caramels; weight — two and one-fourth pounds.

<sup>1</sup> The temperature 246° F. makes a rather soft caramel. For a firmer product cook to 248° F.

## EVERYDAY VANILLA CARAMELS

## LARGE RECIPE

Granulated sugar, 2 cups  
 Brown sugar, 1 cup  
 Light corn syrup, 1 cup  
 Cream, 1 cup  
 Milk, 2 cups  
 Butter,  $\frac{1}{2}$  cup  
 Vanilla, 4 teaspoons

## SMALL RECIPE

Granulated sugar, 1 cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Cream,  $\frac{1}{2}$  cup  
 Milk, 1 cup  
 Butter,  $\frac{1}{4}$  cup  
 Vanilla, 2 teaspoons

Put all the ingredients, except the vanilla, into a saucepan and cook, stirring constantly, over a low flame until the candy reaches the temperature  $248^{\circ}$  F.

Remove from the fire, add vanilla, and turn at once into slightly greased pans. When cold remove from the pan; cut into squares and wrap.

Cold water test when the candy reaches  $248^{\circ}$  F.: a ball of the firmness desired in the finished caramel.

Yield (large recipe): seventy-two caramels; weight — two and one-half pounds.

## HONEY CARAMELS

## LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Condensed milk, 1 cup  
 Cream,  $\frac{1}{2}$  cup  
 Milk,  $\frac{1}{2}$  cup  
 Strained honey,  $\frac{1}{2}$  cup  
 Butter,  $\frac{1}{4}$  cup  
 Vanilla, 2 teaspoons

## SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Condensed milk,  $\frac{1}{2}$  cup  
 Cream,  $\frac{1}{4}$  cup  
 Milk,  $\frac{1}{4}$  cup  
 Strained honey,  $\frac{1}{4}$  cup  
 Butter, 2 tablespoons  
 Vanilla, 1 teaspoon



Stir together all the ingredients, except the vanilla, and cook over a low flame, stirring constantly, until the mixture reaches 248° F.<sup>1</sup>

Remove from fire, add vanilla, and turn at once into a very slightly greased pan. When cold, turn the block of candy out of the pan in order to cut it more evenly. Cut into squares with a large, sharp knife.

Wrap each caramel in waxed paper.

Cold water test of caramels at 248° F.: a ball of the firmness of the caramel when cold.

Yield (large recipe): seventy-two caramels; weight — two pounds five ounces.

### MAPLE CARAMELS

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Condensed milk, 1 cup  
 Cream, 1/2 cup  
 Milk, 1/2 cup  
 Maple syrup, 1 cup  
 Butter, 1/4 cup  
 Vanilla, 2 teaspoons

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, 1/2 cup  
 Condensed milk, 1/2 cup  
 Cream, 1/4 cup  
 Milk, 1/4 cup  
 Maple syrup, 1/2 cup  
 Butter, 2 tablespoons  
 Vanilla, 1 teaspoon

Mix together all of the ingredients except the vanilla. Cook over a low flame, stirring constantly, until the mixture reaches 248° F.<sup>2</sup>

<sup>1</sup> The honey gives these caramels a more sticky consistency than vanilla caramels, hence they are cooked to a higher temperature.

<sup>2</sup> Because of the maple syrup a higher temperature is required than for vanilla caramels.

Remove from fire, add vanilla, and turn at once into a very slightly greased pan.

When cold, turn the block of candy out of the pan in order to cut it more evenly. Cut into squares with a large, sharp knife.

Wrap each caramel in waxed paper.

Cold water test of caramels at 248° F.: a ball of the firmness of the caramel when cold.

Yield (large recipe): seventy-two caramels; weight — two and one-fourth pounds.

### CHOCOLATE CARAMELS

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Condensed milk, 1 cup  
 Cream, ½ cup  
 Milk, 1 cup  
 Chocolate, 6 squares  
 (6 ounces)  
 Vanilla, 2 teaspoons

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, ½ cup  
 Condensed milk, ½ cup  
 Cream, ¼ cup  
 Milk, ½ cup  
 Chocolate, 3 squares  
 (3 ounces)  
 Vanilla, 1 teaspoon

Chocolate should be broken into small pieces, but it need not be grated.

Stir together all of the ingredients except the vanilla and cook over a low flame, stirring constantly, until the mixture reaches 246° F.

Remove from fire, add vanilla, and turn at once into a very slightly greased pan.

When cold, turn the block of candy out of the pan in order to cut it more evenly. Cut into squares with a large, sharp knife.

Wrap each caramel in waxed paper.

Cold water test of caramels at 246° F.: a ball of the firmness of the caramel when cold.

Yield (large recipe): seventy-two caramels; weight — two and one-half pounds.

### BROWN SUGAR CARAMELS

#### LARGE RECIPE

Brown sugar, 2 cups  
 Granulated sugar, 1 cup  
 Light corn syrup, ½ cup  
 Cream, 1 cup  
 Milk, 2 cups  
 Butter, ½ cup  
 Vanilla, 4 teaspoons  
 Nut meats, 1 cup

#### SMALL RECIPE

Brown sugar, 1 cup  
 Granulated sugar, ½ cup  
 Light corn syrup, ¼ cup  
 Cream, ½ cup  
 Milk, 1 cup  
 Butter, ¼ cup  
 Vanilla, 2 teaspoons  
 Nut meats, ½ cup

Mix together all of the ingredients, except the vanilla and nut meats, and cook over a low flame, stirring constantly, until the mixture reaches 248° F.<sup>1</sup>

Remove from fire, add vanilla and nut meats, and turn at once into a slightly greased pan. When cold, turn the block of candy out of the pan in order to cut it evenly. Cut into squares with a large, sharp knife.

Wrap each caramel in waxed paper.

<sup>1</sup> Because of the brown sugar a higher temperature is required than for vanilla caramels.

Cold water test of caramels at 248° F.: a ball of the firmness of the caramel when finished.

Yield (large recipe): seventy-two caramels; weight — two and one-half pounds.

### CREAMY CARAMELS

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1¼ cups  
 Milk, 2 cups  
 Cream, 1 cup  
 Butter, 2 tablespoons  
 Fondant, 1½ cups  
 Vanilla, 2 teaspoons

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, ⅝ cup  
 Milk, 1 cup  
 Cream, ½ cup  
 Butter, 1 tablespoon  
 Fondant, ¾ cup  
 Vanilla, 1 teaspoon

Put the sugar, corn syrup, milk, and cream into a saucepan and cook until the temperature 242° F. is reached. During the cooking the mixture must be stirred quite constantly because it curdles and scorches easily. Remove from fire, add butter, set aside to cool for about five minutes to 180° F.

Add fondant and vanilla and stir until thoroughly blended. Pour into slightly greased pans.

When cold turn the block of candy out of the pan in order to cut evenly. Cut into pieces a little less than one inch square.

The texture of this candy is a cross between that of a caramel and an opera cream. It has excellent keeping qualities.

Cold water test when the candy reaches 242° F. firm ball.

Yield (large recipe): seventy-two caramels; weight — two pounds.

### CARAMEL VARIATIONS

**Caramel Nut Roll.** — Make caramels, using small recipe, for any kind of caramel desired — vanilla, honey, chocolate, etc.

When the caramels are cooked set the saucepan into a pan of hot water, to prevent the caramel from hardening.

Make a roll of fondant about three inches long and three-fourths of an inch in diameter. Lay on a fork and dip quickly into the hot caramel mixture. Allow to stay in the caramel only long enough to be coated, or the fondant will melt.

Remove the roll from the saucepan and drop it into nut meats on waxed paper. Turn with a fork until all parts of the roll are covered. Press with the hands so that the nuts will be firmly imbedded in the roll. It is necessary to have plenty of nuts in which to drop the roll, or the caramel will stick to the waxed paper and be pulled away from the fondant.

Better results are obtained if about half the nut meats are whole, and half broken in two or three pieces. The smaller pieces fill spaces between the whole nuts.

The caramel which is left after dipping can be poured into a slightly greased pan and cut into squares. It will become sugary because of the bits of fondant which

have been washed off in the dipping, hence it should not be mixed with freshly cooked caramels.

Variety may be obtained by adding nuts, cocoanut, or nuts and cherries to the fondant center of the roll.

Cocoanut which has been browned in the oven can be used instead of nuts for the coating of the roll.

The center roll can be made from any kind of fondant which is firm enough to mold. Butter fondant is especially good. Opera creams, divinity, nougat, fudge, or penuchi may be used for the center roll. Or it may be made from one kind of caramel and dipped into another — as a chocolate caramel dipped into vanilla caramel.

**Nut Caramels.** — Nut caramels can be made by the addition of nuts to any of the recipes given for caramels. Add one and one-half cups of nuts to the large recipe.

The nuts should be cut or broken into fairly large pieces. If chopped there will be a fine powder which will cloud the candy.

If pecans or English walnuts are to be used, they should be freshened in the oven. Black walnuts or Brazil nuts are especially good in caramels.

**Cocoanut Caramels.** — Either fresh or desiccated cocoanut may be used. Spread it in a thin sheet on a pan and heat in the oven until delicately browned. This develops flavor and removes excess moisture from the fresh cocoanut. Add about three-fourths of a cup of cocoanut to the large recipe for any kind of caramels.

**Fruit Caramels.** — Raisins, figs, or dates may be cut up and used separately or mixed, to give variety to

caramels. Add three-fourths of a cup of fruit to the large recipe for caramels. Vanilla caramels are especially good with dates added.

**Layer Caramels.** — Layer caramels add a great deal to the appearance of a box of candy. These may be made in two or three layers, of different kinds of caramels, or of caramels combined with nougat or divinity.

A layer of light colored caramel, capped by a layer of dark chocolate caramel, makes a candy both good-looking and delicious.

Layer caramels are made by pouring a thin layer into a pan, allowing it to cool, and then pouring in a second layer of contrasting color and flavor.

The three-layer caramels may be made with caramel top and bottom and nougat or divinity between.

If to be used at once, butter fondant can be combined with caramels to form layer candies. However, it should not be used if to be kept, because the fondant dries out more quickly than the caramels and the layers will separate.

## CHAPTER VIII

### Divinity and Nougat

**General Directions for Divinity.** — Generally, divinity is served in rough, irregular pieces dropped from a spoon on waxed paper.

However, the divinity may be poured into a pan and cut into squares. If done in this way it has better keeping qualities, is more moist, and has a more attractive appearance than when dropped.

While divinity is cooking, break the eggs and have whites ready to use. Begin beating the egg whites when candy is almost cooked so that the syrup will not have opportunity to cool. Beat eggs until stiff, add the hot syrup gradually, beating during the addition.

The first portion of the syrup may become hard when it comes in contact with the cold egg white, but as more syrup is added the heat will soften it and it can be beaten into the mixture.

A wire whisk is easier to use for beating in the syrup than a Dover beater because, as the mixture stiffens, it becomes too heavy for the Dover beater.

If possible arrange to have two persons work on the combining of the syrup and the egg whites, as this step is much easier if one can pour while the other beats. This combining is more difficult than the making of



frosting because the syrup has been cooked to a higher temperature and is more prone to harden.

When the candy is being dropped from the spoon, the work must be done quickly or the candy will become too hard. If for some reason the divinity does not harden, cook it over hot water until a small portion dropped on waxed paper becomes firm.

Recipes of only one size have been given for some kinds of divinity. If too large a recipe is used, the beating is difficult. If the quantities used are too small, the syrup is apt to harden before it can be combined with the egg whites.

### DOUBLE DIVINITY

#### LARGE RECIPE

##### *Mixture One*

Sugar, 3 cups  
Water,  $\frac{3}{4}$  cup  
Light corn syrup, 1 cup

##### *Mixture Two*

Sugar, 1 cup  
Water,  $\frac{1}{2}$  cup  
Egg whites, 3  
Vanilla, 1 teaspoon  
Nut meats, 1 cup

#### SMALL RECIPE

##### *Mixture One*

Sugar,  $1\frac{1}{2}$  cups  
Water,  $\frac{1}{2}$  cup  
Light corn syrup,  $\frac{1}{2}$  cup

##### *Mixture Two*

Sugar, 1 cup  
Water,  $\frac{1}{2}$  cup  
Egg whites, 2  
Vanilla,  $\frac{1}{2}$  teaspoon  
Nut meats,  $\frac{2}{3}$  cup

Cook Mixture One in a saucepan, stirring until the sugar is dissolved; then cook, without stirring, until the temperature  $246^{\circ}$  F. is reached.

If sugar crystals form on the sides of the pan, wash them away with a wet cloth.

While Mixture One is cooking, get Mixture Two (sugar and water) ready, and as soon as Mixture One is cooked put Mixture Two on the fire.

Remove Mixture One from the fire and pour it slowly over the beaten egg whites, beating constantly during the addition. Continue beating until Mixture Two has reached the temperature 255° F. Pour this hot syrup into the first mixture and beat until the candy will not adhere to the finger when the surface is gently touched. Add the vanilla and nut meats and spread in a slightly buttered pan.

Cut in squares when cold.

This recipe is more trouble to make than the simpler recipe for divinity, but the candy is softer and creamier.

Cold water test for Mixture One when 246° F. is reached: firm ball.

Cold water test for Mixture Two when 255° F. is reached: very firm ball.

Yield (large recipe): number of pieces — seventy-two; weight — three pounds.

### HONEY ALMOND DIVINITY

#### LARGE RECIPE

##### *Mixture One*

Sugar, 3 cups  
 Water,  $\frac{3}{4}$  cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Strained honey,  $\frac{1}{2}$  cup

#### SMALL RECIPE

##### *Mixture One*

Sugar,  $1\frac{1}{2}$  cups  
 Water,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Strained honey,  $\frac{1}{4}$  cup

## LARGE RECIPE

*Mixture Two*

Sugar, 1 cup  
 Water,  $\frac{1}{2}$  cup  
 Egg whites, 3  
 Vanilla, 1 teaspoon  
 Almonds,  $1\frac{1}{2}$  cups

## SMALL RECIPE

*Mixture Two*

Sugar, 1 cup  
 Water,  $\frac{1}{2}$  cup  
 Egg whites, 2  
 Vanilla,  $\frac{1}{2}$  teaspoon  
 Almonds, 1 cup

Blanch the almonds, shred them coarsely, and brown them in a slow oven.

Cook Mixture One in a saucepan, stirring until the sugar is dissolved; then cook, without stirring, until the temperature  $246^{\circ}$  F. is reached.

If sugar crystals form on the side of the pan, wash them away with a wet cloth.

While Mixture One is cooking get Mixture Two (sugar and water) ready, and as soon as Mixture One is cooked put Mixture Two on the fire.

Remove Mixture One from the fire and pour it slowly over the beaten egg whites, beating constantly during the addition. Continue beating until Mixture Two has reached the temperature  $255^{\circ}$  F. Pour this hot syrup into the first mixture and beat until the candy will not adhere to the finger when the surface is gently touched. Add the vanilla and nut meats and spread in a slightly buttered pan.

Cut in squares when cold.

Cold water test for Mixture One when  $246^{\circ}$  F. is reached: firm ball.

Cold water test for Mixture Two when  $255^{\circ}$  F. is reached: very firm ball.

Yield (large recipe): number of pieces — seventy-two; weight — three pounds.

#### VANILLA DIVINITY

Sugar,  $2\frac{1}{3}$  cups

Light corn syrup,  $\frac{2}{3}$  cup

Water,  $\frac{1}{2}$  cup

Salt,  $\frac{1}{4}$  teaspoon

Egg whites, 2

Vanilla,  $\frac{1}{2}$  teaspoon

Nut meats, 1 cup (pecans or walnuts)

Put the sugar, corn syrup, salt, and water into a saucepan and cook, stirring until the sugar is completely dissolved. Continue cooking, without stirring, until the temperature  $265^{\circ}$  F. is reached.

Wash away any sugar crystals that may form.

Remove from the fire and gradually pour the syrup over the egg whites, which have been beaten until stiff during the latter part of the cooking of the syrup. Beat during this addition. Continue beating until the candy will hold its shape when dropped from the spoon. Add vanilla and nut meats; mix thoroughly.

Drop by teaspoonfuls on waxed paper or turn into a slightly greased pan and cut into squares.

Cold water test of syrup when it reaches  $265^{\circ}$  F.: hard, almost brittle.

Yield: number of pieces — twenty to twenty-four (size of a walnut); weight — one and one-fourth pounds.

## MAPLE DIVINITY

Sugar,  $2\frac{1}{3}$  cups  
Maple syrup,  $\frac{1}{2}$  cup  
Light corn syrup,  $\frac{2}{3}$  cup  
Water,  $\frac{1}{4}$  cup  
Salt,  $\frac{1}{4}$  teaspoon  
Egg whites, 2  
Nut meats, 1 cup (pecans or walnuts)  
Vanilla,  $\frac{1}{2}$  teaspoon

Put the sugar, maple syrup, corn syrup, salt, and water into a saucepan and cook, stirring until the sugar is completely dissolved. Continue cooking, without stirring, until the temperature  $265^{\circ}$  F. is reached.

If any sugar crystals form on the sides of the pan, wash them away with a piece of wet cloth.

Remove from the fire and gradually pour the syrup over the egg whites, which have been beaten until stiff during the latter part of the cooking of the syrup. Work quickly, beating during this addition.

Continue beating until the divinity will hold its shape when dropped from the spoon. Add nuts and vanilla and mix thoroughly.

Drop by teaspoonfuls on waxed paper or turn into a very slightly greased pan and cut into squares.

Cold water test of syrup when it reaches  $265^{\circ}$  F.: hard, almost brittle.

Yield: number of pieces — twenty to twenty-six (size of a walnut); weight — one and one-fourth pounds.

## BROWN SUGAR DIVINITY

Brown sugar, 1 cup  
Granulated sugar, 1 cup  
Light corn syrup,  $\frac{1}{3}$  cup  
Water,  $\frac{1}{2}$  cup  
Salt,  $\frac{1}{4}$  teaspoon  
Egg whites, 2  
Nut meats, 1 cup (pecans or walnuts)  
Vanilla,  $\frac{1}{2}$  teaspoon

Put the brown sugar, granulated sugar, corn syrup, salt, and water into a saucepan and cook, stirring until the sugar is completely dissolved. Continue cooking, without stirring, until the temperature  $267^{\circ}$  F. is reached. (This temperature is higher than that given for the white divinity because the brown sugar tends to make the candy more sticky.) If sugar crystals form on the sides of the pan, wash them away with a piece of wet cloth.

Remove from the fire and gradually pour the syrup over the egg whites, which have been beaten until stiff during the latter part of the cooking of the syrup. Beat during this addition.

Continue beating until the divinity will hold its shape when dropped from the spoon. Add vanilla and nut meats. Mix thoroughly.

Drop by teaspoonfuls on waxed paper or turn into a slightly greased pan and cut into squares.

Cold water test of syrup when it reaches  $267^{\circ}$  F.: hard, almost brittle.

Yield: number of pieces — twenty (size of a walnut); weight — one pound.

### CHOCOLATE DIVINITY

Sugar,  $2\frac{1}{3}$  cups

Light corn syrup,  $\frac{2}{3}$  cup

Water,  $\frac{1}{2}$  cup

Salt,  $\frac{1}{4}$  teaspoon

Egg whites, 2

Cocoa,  $\frac{1}{3}$  cup

Nut meats, 1 cup (pecans or walnuts)

Vanilla,  $\frac{1}{2}$  teaspoon

Put the sugar, corn syrup, salt, and water into a saucepan and cook, stirring until the sugar is completely dissolved. Continue cooking, without stirring, until the temperature  $265^{\circ}$  F. is reached. If sugar crystals form on the sides of the pan, wash them away with a piece of wet cloth.

Remove from the fire and gradually pour the syrup over the egg whites, which have been beaten until stiff during the latter part of the cooking of the syrup. Beat during this addition. Add cocoa and beat until the candy will hold its shape when dropped from the spoon. Add vanilla and nut meats and mix thoroughly.

Drop by teaspoonfuls on waxed paper or turn into a slightly greased pan and cut into squares.

Cold water test of syrup when it reaches  $265^{\circ}$  F.: hard, almost brittle.

Yield: number of pieces — twenty to twenty-four (size of a walnut); weight — one and one-fourth pounds.

## CHERRY PUFF

Sugar,  $2\frac{1}{2}$  cups  
Light corn syrup,  $\frac{2}{3}$  cup  
Water,  $\frac{1}{2}$  cup  
Salt,  $\frac{1}{4}$  teaspoon  
Egg whites, 2  
Vanilla,  $\frac{1}{2}$  teaspoon  
Candied cherries, 1 cup

Slice the candied cherries.

Put the sugar, syrup, salt, and water into a saucepan and cook, stirring until the sugar is completely dissolved. Continue the cooking, without stirring, until the temperature  $265^{\circ}$  F. is reached. If any sugar crystals form on the sides of the pan, wash them away with a piece of wet cloth.

Remove from the fire and gradually pour the syrup over the egg whites, which have been beaten stiff during the latter part of the cooking of the syrup. Beat during this addition. Continue beating until the candy will hold its shape when dropped from the spoon. Add vanilla and cherries. Mix thoroughly.

Drop by teaspoonfuls on waxed paper or turn into a slightly greased pan and cut into squares.

This candy is attractive when colored a delicate pink.

Cold water test of syrup when it reaches  $265^{\circ}$  F.: hard, almost brittle.

Yield: number of pieces — twenty-six (size of a walnut); weight — one and one-third pounds.



## DIVINITY COMBINATIONS

**Divinity Rolls.** — Double divinity is best adapted for this recipe, as it is somewhat more pliable than the plain divinity and hence can be shaped as a roll more easily. Dip the roll in caramel according to the general directions given under caramel nut rolls. Use the same kind of nuts for the outside of the roll as are used in the divinity.

**Divinity Double Decker.** — In the bottom of a slightly greased pan pour a layer of divinity a little less than one-half inch thick. On this place a layer of dark fudge, caramels, penüchi, or maple creams. Allow to stand until firm. Remove the block of candy from the pan and cut into squares. Wrap in waxed paper.

**Divinity Layer Cake.** — Into a medium sized, slightly greased pan pour a layer of double divinity about three-fourths of an inch thick. When firm, turn the block of candy from the pan and cut into halves. Spread the top of one piece with melted coating chocolate, lay the second piece on top of this, and frost the sides and top with the coating chocolate. Sprinkle with chopped nuts, if desired. When cold cut in slices as layer cake.

**Cocoanut Divinity.** — Either fresh or desiccated cocoanut may be added to give more flavor to the divinity. Spread the cocoanut in a thin sheet on a pan and heat in the oven until delicately browned. This develops flavor and removes excess moisture from the fresh cocoanut. Add three-fourths cup of cocoanut to each recipe of divinity.

## SEAFOAM

Brown sugar, 3 cups

Water,  $\frac{3}{4}$  cup

Salt,  $\frac{1}{4}$  teaspoon

Egg whites, 2

Vanilla, 1 teaspoon

Cook sugar, water, and salt together, stirring until the sugar is dissolved. Continue cooking, without stirring, until the syrup reaches the temperature  $255^{\circ}$  F.

Remove from the fire and gradually pour it over the egg whites, which have been beaten until stiff during the latter part of the cooking of the syrup. Beat while pouring. Continue beating until the candy cools somewhat, and will hold its shape when dropped from the spoon. Add vanilla.

Drop by teaspoonfuls on waxed paper.

Nuts may be added just before the candy is dropped.

Cold water test when the syrup reaches  $255^{\circ}$  F.: hard — but not brittle — forms a long thread.

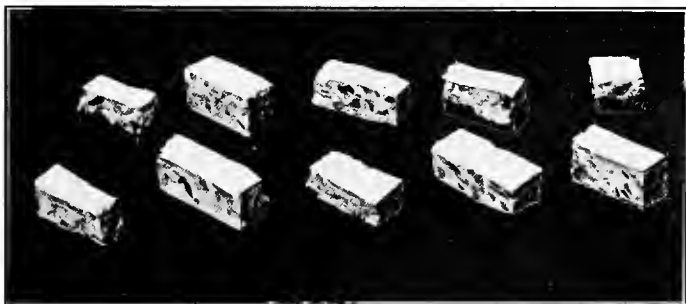
Yield: number of pieces — twenty (size of walnut); weight — three-fourths of a pound.

## NOUGAT

**General Directions for Nougat.** — In a box of assorted bonbons nougat is one of the most popular candies — yet it is seldom made at home. However, it is not too difficult for the amateur candy maker, and although it takes a long time to prepare the almonds and pistachio nuts the results are worth the trouble.

Real nougat always contains honey, almonds, and pistachio nuts. It is covered top and bottom with nougat wafers. These are Japanese rice wafers and can be purchased in large sheets from wholesale confectioners. They are similar to those used to feed gold fish and if you cannot secure the regular nougat wafers these smaller sheets of rice wafers can be used.

The recipe given here makes a nougat that will not be brittle. It will be firm enough to hold its shape and



THE GREEN COLOR OF THE PISTACHIO NUTS MAKES NOUGAT PRETTIER THAN ITS PICTURE

should not be sticky. The recipe may seem to have too many nuts when these are first added, but they can be beaten in and it is the nuts which make the candy good. The flavor is greatly improved if the almonds are browned after being blanched and shredded.

The conventional shape for nougat is rectangular and the pieces should be about an inch and a half long, half an inch wide, and from one-half to three-fourths of an inch thick.

Nougat must be wrapped as soon as it is cut, as exposure to the air makes it sticky.

It has splendid keeping qualities and can be made in advance for packing Christmas boxes.

Only one recipe for nougat has been given. If too large a recipe is used, the beating is difficult. If the quantities used are too small, it is almost impossible to cook the honey without burning.

#### NOUGAT

Sugar, 1 cup  
Water,  $\frac{1}{2}$  cup  
Strained honey,  $\frac{1}{2}$  cup  
Light corn syrup, 3 tablespoons  
Egg whites, 2  
Almonds,  $2\frac{1}{2}$  cups  
Pistachio nuts,  $\frac{1}{2}$  cup  
Vanilla, 1 teaspoon

Blanch the almonds and pistachio nuts and shred them coarsely. Brown the almonds slightly in a slow oven. If the pistachio nuts are browned their color will become dull.

Cook the sugar, water, and one-half of the corn syrup together, stirring until the sugar is dissolved. Continue cooking to the temperature  $290^{\circ}$  F. Remove from the fire.

During the last few minutes of cooking the syrup, beat the egg whites until stiff. Add the hot syrup gradually to the egg whites, beating during the addition.

While adding the first syrup to the egg whites, begin cooking the honey and the remainder of the corn syrup together. Continue this cooking until the temperature 290° F. is reached. Remove from the fire and add at once to the egg white mixture, pouring it in gradually and beating while adding.

Add nuts and cook over hot water until the mixture dries, stirring while cooking. Test the candy by taking a small amount out in a spoon. When it holds its shape when cold and is not sticky to the touch, it is done.

Add vanilla, pour into pans which have been lined with nougat wafers, and cover with nougat wafers. Place a pan, board, or other smooth surface over the top of the candy and press with a heavy weight for twelve hours or longer.

Remove the block of candy from the pan and cut into rectangular pieces. Wrap each piece in waxed paper.

Cold water test of syrup when it reaches 290° F.: brittle.

Yield: number of pieces — forty-eight; weight — one and three-fourths pounds.

### NOUGAT COMBINATIONS

**Nougat Double Decker.** — Line the bottom of a pan with nougat wafers and pour in nougat, making a layer a little less than one-half inch thick. Do not cover this with nougat wafers, but directly on top pour a layer of caramel candy which is almost cold. Hot caramel will melt the nougat. Any kind of caramels can be used,

but the darker ones, such as chocolate or brown sugar, will give inviting color contrasts.

Nougat should only be combined with candy similar to it in consistency, as caramels. A cream candy, such as fondant or fudge, would dry out and the layers would separate.

**Nougat Rolls.** — Cool the nougat, shape it into a roll, and dip it in caramel according to the general directions given under caramel nut rolls. The roll should be covered with browned chopped almonds instead of pecans.

**Nougat Caramel Sandwiches.** — A thin layer of nougat can be placed between two thin layers of caramels and the candy cut into squares to form the layer caramels which are so well liked.

## CHAPTER IX

### Taffies

**General Directions for Taffies.** — Use a large sized saucepan in cooking molasses taffy in order to allow plenty of room for the molasses to “boil up.” In no other candy is there so much danger of “boiling over.”

Molasses burns easily, therefore the taffy should be cooked slowly during the last few minutes in order to prevent scorching.

Taffy is ready to be pulled when the edges begin to stiffen and the mass can be handled. Do not allow it to become too cool or it will be too hard to pull. If taffy should become too hard to pull, it can be softened by placing it in a moderate oven for a few minutes.

Do not grease the hands for pulling taffy. The fingers may be dipped into cornstarch, but even this is not necessary.

When pulling taffy use the thumb and fingers, rather than the whole hand. With this method there is less danger of having the candy stick to the hands and the taffy is more fluffy.

Pull taffy until cold, so that the pieces will hold their shape after they are cut.

A hook may be used for taffy pulling, if large amounts of candy are made. It is not necessary for home candy making, but its use produces a more fluffy taffy.

Use scissors for cutting taffy into pieces of the desired size. This is much quicker than using a knife.

To make pieces of an attractive shape, stretch the taffy out into a rope, cut off one piece, turn the rope half over, and cut another piece about an inch long.



WHEN PULLING TAFFY USE THE THUMB AND FINGERS RATHER THAN THE WHOLE HAND

Continue the turning after each cutting. Keep the pieces separated after cutting.

If taffy is to be kept the pieces should be wrapped in waxed paper as soon as cut.

If taffy is to be served at once, lay the pieces on a buttered plate, keeping them separated so they will not stick together.



If taffy sugars it can be recooked. Put candy into a saucepan with two tablespoons of corn syrup and three-fourths of a cup of water. Heat slowly at first, until taffy is dissolved. Then cook according to directions given in recipe.

## MOLASSES TAFFY.

## LARGE RECIPE

Granulated sugar, 1 cup  
 Brown sugar, 1 cup  
 Light molasses, 2 cups  
 Water,  $\frac{3}{4}$  cup  
 Butter,  $\frac{1}{4}$  cup  
 Soda,  $\frac{1}{8}$  teaspoon  
 Salt,  $\frac{1}{4}$  teaspoon

## SMALL RECIPE

Granulated sugar,  $\frac{1}{2}$  cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Light molasses, 1 cup  
 Water,  $\frac{1}{2}$  cup  
 Butter, 2 tablespoons  
 Soda,  $\frac{1}{16}$  teaspoon  
 Salt,  $\frac{1}{8}$  teaspoon

Put the sugars, molasses, and water into a saucepan and cook to the temperature  $265^{\circ}$  F. It will be necessary to cook the candy slowly and to stir it during the latter part of the cooking in order to prevent burning.

Remove from the fire, add the butter, soda, and salt and stir just enough to mix well. In adding the soda be sure it is free from lumps. Turn into a greased pan and allow to stand until cool enough to handle.

Gather into a ball and pull until rather firm and of a light yellow color. Stretch out in a long rope. Cut into pieces. If not to be used at once, wrap in waxed paper.

Cold water test when candy reaches  $265^{\circ}$  F.: hard but not quite brittle.

Yield (large recipe): number of pieces—seventy (about one inch long); weight—one and three-fourths pounds.

## MOLASSES MINT TAFFY

## LARGE RECIPE

Molasses, 2 cups  
 Vinegar, 2 teaspoons  
 Butter, 2 tablespoons  
 Salt,  $\frac{1}{8}$  teaspoon  
 Soda,  $\frac{1}{2}$  teaspoon  
 Oil of peppermint, 6 drops

## SMALL RECIPE

Molasses, 1 cup  
 Vinegar, 1 teaspoon  
 Butter, 1 tablespoon  
 Salt,  $\frac{1}{16}$  teaspoon  
 Soda,  $\frac{1}{4}$  teaspoon  
 Oil of peppermint, 3 drops

Put the molasses and vinegar into a saucepan and boil until the temperature 270° F. is reached. It will be necessary to cook the candy slowly and to stir during the latter part of the cooking to prevent burning.

Remove from the fire, add the butter, salt, and soda, taking care that the soda is free from lumps. Stir until the candy ceases to foam. Pour into a greased pan.

When cool enough to pull, pour the oil of peppermint into the center of the mass, gather the corners toward the center so that the flavoring will not be lost, remove from the pan, and pull. When the candy becomes light in color and rather firm, stretch out in a long rope, twist, and cut into small pieces.

If the candy is to be kept the pieces should be wrapped in waxed paper.

This is a hard, brittle taffy. If a softer taffy is desired, cook to 266° F.

Since no sugar is used in the recipe, the finished candy will have the flavor of the molasses used. For a delicate flavor use the light-colored molasses, which is not so strong as the dark.

Cold water test when candy reaches 270° F.: hard, almost brittle.

Yield (large recipe): number of pieces — fifty (about one inch long); weight — 1 pound.

### YELLOW JACK

#### LARGE RECIPE

Dark corn syrup, 1 quart  
Soda, 1 teaspoon  
Lemon juice, 2 tablespoons

#### SMALL RECIPE

Dark corn syrup, 1 pint  
Soda,  $\frac{1}{2}$  teaspoon  
Lemon juice, 1 tablespoon

Put the corn syrup into a saucepan and cook until the temperature 270° F. is reached, stirring occasionally to prevent burning.

Remove from the fire, add soda, and continue cooking, stirring constantly until the temperature 275° F. is reached. Remove from the fire, add lemon juice, and pour into a greased pan.

When cool enough to handle, gather into a ball and pull until rather firm and a light, bright yellow color. Stretch into a long rope and cut into small pieces with the scissors.

This is a rather hard, brittle taffy. If a softer candy is desired, add the soda at 265° F. and cook until the temperature 270° F. is reached.

Cold water test when 270° F. is reached: slightly brittle.

Cold water test when 275° F. is reached: brittle.

Yield: number of pieces — one hundred and fifty (three-fourths of an inch long); weight — two pounds.

## WHITE TAFFY

## LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{2}{3}$  cup  
 Vanilla, 1 teaspoon

## SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put all of the ingredients except the vanilla into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature  $268^{\circ}$  F. is reached. Remove from the fire and pour into greased pans.

When cool enough to handle, pour the vanilla into the center of the mass. Gather the corners toward the center so that the flavoring will not be lost. Remove from the pan and pull.

When the candy is white and rather firm, stretch out in a long rope and cut into pieces of the desired size, using scissors. If this candy is to be kept, it should be wrapped in waxed paper.

If you are giving a taffy pull for the children, divide the candy into several portions for pulling, omitting the vanilla. Add coloring paste, dissolved in as little water as possible, to each portion, and pull it through the taffy. Use a different color for each, and add a flavor to suit the color, as wintergreen to the delicate pink, spearmint to pale green, lemon to the yellow, and peppermint to the white. Use flavoring oils instead of

essences, as these are stronger and will not make the taffy sticky.

Nut meats may be broken into small pieces and added to the taffy just before pouring it into the pans.

Cold water test when candy reaches 268° F.: firm, nearly brittle.

Yield (large recipe): number of pieces — sixty (about one inch long); weight — one and one-eighth pounds.

### PULLED MINTS

#### LARGE RECIPE

Sugar, 3 cups  
Water, 1 cup  
Corn syrup, 2 tablespoons  
Oil of peppermint, 10 drops

#### SMALL RECIPE

Sugar, 1½ cups  
Water, ¾ cup  
Corn syrup, 1 tablespoon  
Oil of peppermint, 5 drops

Put all of the ingredients except the oil of peppermint into a saucepan and cook, stirring constantly until the sugar is dissolved. Then cover and cook for two minutes so that the steam may wash down any sugar crystals from the sides of the saucepan. Remove the cover and cook, without stirring, to the temperature 265° F. During this cooking wash the sides of the saucepan occasionally with a piece of wet cheesecloth to remove sugar crystals.

Remove from the fire and pour into a greased pan. When cool enough to handle put the oil of peppermint into the center of the mass, fold over the corners, so that

the peppermint will not be lost and gradually gather the candy into a ball and pull. It will soon become white and fluffy. Pull it until it becomes quite firm.

Stretch out in a long rope and cut into *small* pieces. These are supposed to be served as after-dinner mints and should be dainty.

Sift together:

2 cups powdered sugar

1 cup cornstarch

Spread this mixture over the bottom of a shallow pan in a layer about one-fourth of an inch thick.

Drop the pieces of candy into this pan, keeping them separated. Cover with a second layer of the cornstarch and sugar, and put aside in a warm place (as a warming oven, with the door left open) over night or until they become "sugary."

Sift off the sugar and cornstarch from the mints and pack them away in covered jars or tin boxes. Keep two days or longer before using. As the mints are kept they "ripen," becoming more creamy.

The sugar and cornstarch can be saved and used when mints are made again.

Suggestions: Oil of wintergreen may be used instead of oil of peppermint and the candy colored pink, or oil of spearmint and a green color may be used.

Cold water test when candy reaches 265° F.: hard, almost brittle.

Yield (large recipe): number of pieces — one hundred and twenty (one-half of an inch long); weight of candy — one and one-half pounds.

CHOCOLATE TAFFY

LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Chocolate, 3 squares  
 (3 ounces)  
 Vanilla, 1 teaspoon

SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Chocolate,  $1\frac{1}{2}$  squares  
 ( $1\frac{1}{2}$  ounces)  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put all of the ingredients except the vanilla into a saucepan and cook to the temperature  $262^{\circ}$  F. It will be necessary to cook the candy slowly and to stir it during the latter part of the cooking in order to prevent burning.

Remove from the fire and pour into a greased pan. When cool enough to handle pour the vanilla into the center of the mass. Gather the corners toward the center so that the flavoring will not be lost, remove from the pan and pull. When it is light brown and rather firm, stretch out in a long rope and cut into pieces of the desired size.

If this candy is to be kept it should be wrapped in waxed paper. If it is to be served at once, lay the pieces on a buttered plate, keeping them separated so that they will not stick together.

Cold water test when candy reaches  $262^{\circ}$  F.: hard but not brittle.

Yield (large recipe): number of pieces — sixty (about one inch long); weight — one and one-fourth pounds.

## SALT WATER TAFFY

## LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Water, 1 cup  
 Salt,  $1\frac{1}{2}$  teaspoons  
 Glycerine, 2 teaspoons  
 Butter, 1 tablespoon  
 Vanilla, 2 teaspoons

## SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Salt,  $\frac{3}{4}$  teaspoon  
 Glycerine, 1 teaspoon  
 Butter,  $\frac{1}{2}$  tablespoon  
 Vanilla, 1 teaspoon

Put all of the ingredients except the butter and flavoring into a saucepan and cook, stirring until the sugar is dissolved.

If sugar crystals form on the sides of the saucepan during cooking, wash them away with a piece of wet cheesecloth.

Continue cooking until the temperature  $260^{\circ}$  F. is reached. Remove from fire, add butter, and when butter is melted pour into a greased pan.

When cool enough to handle gather into a ball and pull until it is rather firm. Add flavoring while pulling. Stretch out in a long rope and cut into pieces of the desired size. Usually the pieces of salt water taffy are about two inches in length.

Wrap in waxed paper.

Salt water taffy can be colored during the pulling. The coloring paste can be added to the taffy and pulled through it.

Different flavors can be added to suit the colors. The pink taffy is usually flavored with wintergreen; white,



vanilla; green, spearmint; etc. If coloring paste is used, dissolve it in as little water as possible.

Cold water test when candy reaches 260° F.: firm, almost brittle.

Yield (large recipe): number of pieces — sixty (about two inches in length); weight of candy — one and one-third pounds.

### CHOCOLATE SALT WATER TAFFY

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Water, 1 cup  
 Salt, 1½ teaspoons  
 Glycerine, 2 teaspoons  
 Butter, 1 tablespoon  
 Chocolate, 4 squares  
 (4 ounces)  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, ½ cup  
 Water, ½ cup  
 Salt, ¾ teaspoon  
 Glycerine, 1 teaspoon  
 Butter, ½ tablespoon  
 Chocolate, 2 squares  
 (2 ounces)  
 Vanilla, ½ teaspoon

Put the chocolate over warm water to melt. Add the butter.

Put all of the other ingredients except the vanilla into a saucepan and cook, stirring until the sugar is dissolved.

Continue cooking until the temperature 262° F. is reached. Remove from fire, add butter and melted chocolate, and stir only enough to mix. Pour into a greased pan.

When cool enough to handle pour the vanilla into the center of the mass. Gather the corners toward the center so that the flavoring will not be lost, remove from the pan, and pull. The pulling is rather difficult at first because the chocolate has not entirely combined with the syrup. After a few minutes' pulling, it is worked through the mass.

When the candy is rather firm, stretch out in a long rope and cut into pieces of the desired size. Usually the pieces of salt water taffy are about two inches in length.

Wrap in waxed paper.

Cold water test when candy reaches  $262^{\circ}$  F.: firm, almost brittle.

Yield (large recipe): number of pieces — sixty-six (about two inches in length); weight — one and two-thirds pounds.

### HONEY TAFFY

#### LARGE RECIPE

Sugar, 2 cups  
Strained honey,  $\frac{3}{4}$  cup  
Water, 1 cup  
Butter, 2 tablespoons

#### SMALL RECIPE

Sugar, 1 cup  
Strained honey,  $\frac{3}{8}$  cup  
Water,  $\frac{2}{3}$  cup  
Butter, 1 tablespoon

Put the sugar, honey, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, stirring occasionally to prevent burning, until the temperature  $278^{\circ}$  F. is reached. Add butter and stir only enough to mix. Pour into greased pans and allow to stand until cool enough to handle.

Gather into a ball and pull until rather firm and light in color. Stretch out in a long rope. Cut into pieces with the scissors. Wrap in waxed paper. This is a rather soft taffy.

Measure the honey carefully, as an excess will make the candy too soft and sticky.

Cold water test when the candy reaches 278° F.: hard but not quite brittle.

Yield (large recipe): number of pieces — seventy; weight — one and one-fourth pounds.

### CREAM TAFFY

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{3}{4}$  cup  
 Cream, 1 cup  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, 2 table-  
 spoons  
 Water,  $\frac{1}{2}$  cup  
 Cream,  $\frac{1}{2}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put sugar, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking until the temperature 250° F. is reached.

Add cream and cook slowly, stirring constantly to prevent burning, until the temperature 260° F. is reached. Remove from fire and pour into a greased pan.

When cool enough to handle pour the vanilla into the center of the mass. Gather the corners toward the center so that the flavoring will not be lost, remove from pan, and pull. When rather firm and of a light

buff color stretch out in a long rope. Cut into pieces. If not to be used at once, wrap in waxed paper.

This candy is more porous than the other taffies. It has a slight caramel flavor.

Cold water test when candy reaches 250° F.: hard ball.

Cold water test when candy reaches 260° F.: harder than at 250° F. — not quite brittle.

Yield (large recipe): number of pieces — one hundred and twenty (one inch long); weight — one pound three ounces.

### MOLASSES KISSES

#### LARGE RECIPE

Molasses, 1 cup  
Brown sugar, 1 cup  
Water,  $\frac{1}{2}$  cup  
Butter,  $\frac{1}{4}$  cup  
Soda,  $\frac{1}{8}$  teaspoon  
Oil of lemon, 4 drops

#### SMALL RECIPE

Molasses,  $\frac{1}{2}$  cup  
Brown sugar,  $\frac{1}{2}$  cup  
Water,  $\frac{1}{3}$  cup  
Butter, 2 tablespoons  
Soda,  $\frac{1}{16}$  teaspoon  
Oil of lemon, 2 drops

Molasses kisses can be flavored with vanilla, oil of peppermint, or oil of lemon. The lemon flavoring is especially good.

Put the molasses, sugar, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue the cooking, stirring enough to prevent burning, until the temperature 256° F. is reached.

Remove from fire, add butter and soda, and stir only enough to mix well. In adding the soda be sure it is free from lumps.

Pour the candy into a greased pan. When cool enough to handle pour the oil of lemon into the center of the mass. Gather the corners toward the center so that the flavoring will not be lost, remove from pan, and pull. When rather firm and light in color, stretch out in a rope about three-fourths of an inch in diameter. Flatten with a rolling pin and cut into pieces about one inch in length. This gives a kiss similar in shape to the commercial kiss.

Wrap in waxed paper.

A kiss is neither as hard nor as brittle as a taffy. It should be firm enough to hold its shape and of a velvety texture.

Cold water test when candy reaches  $256^{\circ}$  F.: hard ball.

Yield (large recipe): number of pieces — fifty; weight — one pound.

### CREAM KISSES

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup,  $\frac{3}{4}$  cup  
 Cream or top milk,  $\frac{1}{2}$  cup  
 Butter, 3 tablespoons  
 Flour, 2 teaspoons  
 Water, 2 tablespoons  
 Vanilla, 2 teaspoons

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{3}$  cup  
 Cream or top milk,  $\frac{1}{4}$  cup  
 Butter,  $1\frac{1}{2}$  tablespoons  
 Flour, 1 teaspoon  
 Water, 1 tablespoon  
 Vanilla, 1 teaspoon

Put the sugar, corn syrup, and cream into a saucepan and cook, stirring until the sugar is dissolved. Con-

tinue cooking and stirring until the temperature 256° F. is reached

Remove from fire. Add the flour and water, which have been mixed to a paste. Stir thoroughly and cook until the temperature 256° F. is reached again. Add butter. Pour into a greased pan.

When cool enough to handle pour the vanilla into the center of the mass, gather the corners toward the center so that the flavoring will not be lost. Remove from pan and pull. When rather firm and light in color, stretch out in a rope about three-fourths of an inch in diameter. Flatten slightly with a rolling pin. Cut into pieces about one inch in length. This gives a kiss similar in shape to the commercial kiss.

Wrap in waxed paper.

A kiss is neither as hard nor as brittle as a taffy. It should be firm enough to hold its shape and of a velvety texture.

Cold water test when candy reaches 256° F.: hard ball.

Yield (large recipe): number of pieces — sixty; weight — one and one-fourth pounds.

## CHAPTER X

### Brittles, Butterscotch, and Toffees

**General Directions for Brittles.** — A brittle is just what its name implies. It is pulled out in a thin sheet and is very crisp. It is usually broken into pieces of irregular shape.

The brittle should be stirred as little as possible during cooking so that there will be no chance for crystallization of sugar. Sugar crystals should be washed from the sides of the saucepan during the candy cooking, as their presence may cause the brittle to sugar.

When adding the nuts or cocoanut mix quickly in order to avoid stirring and cooling of the candy. It is better to have the nuts or cocoanut warm when adding to the candy, because if the syrup is cooled it cannot be poured in a thin sheet. Putting the nuts or cocoanut into the oven for a few minutes also improves their flavor. Nuts should be broken or cut into small pieces when used in a brittle. When nuts are chopped there is a fine powder which clouds the brittle.

The brittle should be poured on a greased slab, or, if there is no slab, on a large, inverted, greased pan. It should not be poured into a pan, as then it cannot be stretched to a thin sheet.

To stretch a brittle pour it as quickly as possible on the greased slab or pan, press out with a spatula, and

as soon as it can be touched, lift the edges and pull gently, stretching the mass out until it becomes very thin. If the quantity is large it may be necessary to break off the pieces around the edges, in order to pull the center.

If the brittle becomes sugary it can be recooked. Put it into a saucepan with three-fourths of a cup of hot water and two tablespoons of corn syrup. Heat slowly until brittle is dissolved. Cook to temperature called for in recipe.

### NUT BRITTLE

#### LARGE RECIPE

Granulated sugar, 2 cups  
 Brown sugar, 1 cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Butter,  $\frac{1}{4}$  cup  
 Soda,  $\frac{1}{8}$  teaspoon  
 Salt,  $\frac{1}{8}$  teaspoon  
 Nut meats,  $1\frac{1}{2}$  cups (broken in pieces)

#### SMALL RECIPE

Granulated sugar, 1 cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{3}$  cup  
 Butter, 2 tablespoons  
 Soda,  $\frac{1}{16}$  teaspoon  
 Salt,  $\frac{1}{16}$  teaspoon  
 Nut meats,  $\frac{3}{4}$  cup (broken in pieces)

Put the sugars, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 300° F. is reached.

Remove from fire, add salt, soda (free from lumps), and butter and stir only enough to mix well. If much stirring is done the brittle will sugar. Add nut meats and turn at once on a greased slab or on a greased in-



verted pan or baking sheet. Do not scrape the saucepan, as this may cause the brittle to sugar. Have enough pans to give space for the brittle to be poured out in very thin sheets.

Smooth out with a spatula. After about a half minute take hold of the edges of the candy and lifting it slightly from the slab, pull it as thin as possible. If the candy is in a large sheet it may be necessary to cut off the thin pieces at the edges in order to pull the center.

Break into irregular pieces.

Peanuts or any nuts desired may be used. The nuts should be broken into small pieces.

Cold water test when candy reaches 300° F.: very brittle.

Yield (large recipe): number of pieces — eighty (two inches square); weight — two pounds.

### NUT PATTIES

#### LARGE RECIPE

Granulated sugar, 2 cups  
 Brown sugar, 1 cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Butter,  $\frac{1}{4}$  cup  
 Salt,  $\frac{1}{4}$  teaspoon  
 Nut meats, 3 cups

#### SMALL RECIPE

Granulated sugar, 1 cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{3}$  cup  
 Butter, 2 tablespoons  
 Salt,  $\frac{1}{8}$  teaspoon  
 Nut meats,  $1\frac{1}{2}$  cups

Put the sugars, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, stirring only enough to prevent scorching, until the temperature 300° F. is reached.

Remove from the fire, add salt, butter, and nut meats and stir only enough to mix well. If much stirring is done the brittle will sugar. It is desirable to have the nut meats warm before adding so that the candy will not harden before it can be put into the pans.

Set in a pan of hot water and with a large spoon dip out the candy and drop it into slightly buttered patty tins, making the candy layer only about one-fourth of an inch thick. When thoroughly cold, invert the tins and tap with a knife handle to loosen the patties. They should fall out of the tins.

These patties are very attractive when made in small tins — about one and one-half inches in diameter.

It is customary to use unbroken nuts for patties. A mixture of different nuts may be used.

If these patties are to be kept they should be wrapped in waxed paper.

Cold water test when candy reaches 300° F.: very brittle.

Yield (large recipe): number of patties — twenty four; weight — two and one-half pounds.

### COCOANUT BRITTLE

#### LARGE RECIPE

Cocoanut,  $1\frac{1}{2}$  cups  
 Sugar, 2 cups  
 Dark corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Butter, 2 tablespoons  
 Salt,  $\frac{1}{4}$  teaspoon

#### SMALL RECIPE

Cocoanut,  $\frac{3}{4}$  cup  
 Sugar, 1 cup  
 Dark corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Butter, 1 tablespoon  
 Salt,  $\frac{1}{8}$  teaspoon

Either fresh or desiccated cocoanut may be used in this recipe. If fresh cocoanut is used, prepare it according to directions given on page 123.

Brown the cocoanut in the oven at a low temperature for about ten minutes. If fresh cocoanut is used, a longer time will be required to allow for drying as well as for browning.

Put the sugar, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature  $265^{\circ}$  F. is reached. Add butter and salt and cook until candy reaches  $300^{\circ}$  F., stirring occasionally to prevent scorching.

Remove from fire and add cocoanut. Stir only enough to mix. If much stirring is done the brittle will sugar. Pour in a thin sheet on a greased slab or greased inverted pans or baking sheets. Do not scrape the saucepan, as this may cause the brittle to sugar. Have enough pans to give space for the brittle to be poured out in very thin sheets.

Flatten with a spatula, making the sheets as thin as possible. (This may be pulled, according to directions given under nut brittle.)

While still warm, mark in squares.

Cold water test when candy reaches  $265^{\circ}$  F.: hard — almost brittle.

Cold water test when candy reaches  $300^{\circ}$  F.: amber color, crisp, very brittle.

Yield (large recipe): number of pieces — eighty (two inches square); weight — one and one-half pounds.

## CHOCOLATE BRITTLE

## LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup,  $\frac{2}{3}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Salt,  $\frac{1}{4}$  teaspoon  
 Chocolate, 2 squares  
 (2 ounces)  
 Nut meats, 1 cup (broken  
 in pieces)  
 Vanilla, 1 teaspoon

## SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{3}$  cup  
 Water,  $\frac{1}{3}$  cup  
 Salt,  $\frac{1}{8}$  teaspoon  
 Chocolate, 1 square  
 (1 ounce)  
 Nut meats,  $\frac{1}{2}$  cup (broken  
 in pieces)  
 Vanilla,  $\frac{1}{2}$  teaspoon

Melt the chocolate over hot water. Put the sugar, corn syrup, salt, and water into a saucepan and cook together, stirring until the sugar is dissolved. Continue cooking until the temperature  $275^{\circ}$  F. is reached.

Remove from the fire and add the melted chocolate, vanilla, and the broken nut meats. Stir only enough to mix the chocolate and nuts through the syrup. If much stirring is done the brittle will sugar. Pour on greased slab, inverted pans, or baking sheets. Do not scrape the saucepan, as scraping may cause the brittle to sugar. Have enough pans to give space for the brittle to be poured out in very thin sheets.

Smooth out with a spatula. After about a half minute, take hold of the edges of the candy and, lifting it from the slab, pull it as thin as possible.

Break into irregular pieces.

English walnuts or pecans are very good in this brittle.

Cold water test when candy reaches  $265^{\circ}$  F.: hard, slightly brittle.

Yield (large recipe): number of pieces — thirty; weight — eighteen ounces.

### HONEY ALMOND CRISP

#### LARGE RECIPE

Almonds,  $1\frac{1}{2}$  cups  
 Sugar, 2 cups  
 Honey,  $\frac{2}{3}$  cup  
 Water, 1 cup  
 Salt,  $\frac{1}{8}$  teaspoon  
 Butter, 2 tablespoons

#### SMALL RECIPE

Almonds,  $\frac{3}{4}$  cup  
 Sugar, 1 cup  
 Honey,  $\frac{1}{3}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Salt,  $\frac{1}{16}$  teaspoon  
 Butter, 1 tablespoon

Blanch the almonds, shred them, and heat them in a moderate oven until they are a delicate brown.

Put the sugar, honey, water, and salt into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature  $300^{\circ}$  F. is reached. If any sugar crystals form on the sides of the saucepan, they should be washed away with a piece of wet cloth.

Remove the candy from the fire. Add butter and nut meats, and stir only enough to mix well. If much stirring is done, the brittle will sugar.

Turn at once on a greased slab or a greased inverted pan or baking sheet. Do not scrape the saucepan, as this may cause the brittle to sugar. Have enough pans to give space for the brittle to be poured out in very thin sheets.

Smooth out with a spatula. After about half a minute take hold of the edges of the candy and, lifting it slightly from the slab, pull as thin as possible. If the candy is in a large sheet, it may be necessary to cut off the thin pieces at the edges in order to pull the center.

Break into irregular pieces.

Cold water test when candy reaches 300° F.: very brittle.

Yield (large recipe): number of pieces — fifty; weight — one and one-quarter pounds.

### FLUFFY RUFFLES

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1 cup  
 Water, 1 cup  
 Salt, ½ teaspoon  
 Butter, 2 tablespoons  
 Molasses, 4 tablespoons  
 Nuts, chopped, 1½ cups

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, ½ cup  
 Water, ½ cup  
 Salt, ¼ teaspoon  
 Butter, 1 tablespoon  
 Molasses, 2 tablespoons  
 Nuts, chopped, ¾ cup

Put the sugar, corn syrup, salt, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, stirring only enough to prevent burning, until the temperature 238° F. is reached. Add the butter and molasses and cook until the temperature 270° F. is reached.

Pour the candy on a greased slab or a greased inverted pan or baking sheet. When it is cool enough, pull

into a thin rectangular shape. Sprinkle the nuts over the candy and press them in with a rolling pin. Roll up the candy like a jelly roll. Sprinkle the roll with chopped nuts.

Cut into slices one-fourth inch thick. The cutting must be done quickly or the candy will become too hard to cut. If the candy should become too hard, it can be softened by placing it in a moderate oven for a few minutes.

Cold water test when candy reaches 238° F.: soft ball.

Cold water test when candy reaches 270° F.: brittle.

Yield (large recipe): number of pieces — forty; weight — one and one-third pounds.

### BUTTERSCOTCH

#### LARGE RECIPE

Brown sugar, 2 cups  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water, 1 cup  
 Salt,  $\frac{1}{4}$  teaspoon  
 Butter,  $\frac{1}{3}$  cup  
 Oil of lemon, 4 drops

#### SMALL RECIPE

Brown sugar, 1 cup  
 Light corn syrup, 2 table-  
 spoons  
 Water,  $\frac{1}{2}$  cup  
 Salt,  $\frac{1}{8}$  teaspoon  
 Butter, 3 tablespoons  
 Oil of lemon, 2 drops

Put the sugar, corn syrup, salt, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking without stirring until the candy reaches the temperature 250° F.

Add butter and cook to 300° F., stirring to prevent scorching. Remove from fire, add oil of lemon, and pour in a thin sheet on a greased slab or a greased, inverted pan or baking sheet.

While still warm mark in small squares. The creases should be made quite deep so that the pieces can be easily separated. When cold break into pieces.

For a soft butterscotch cook to 270° F. after adding the butter. This will not be nearly so brittle as the one cooked to the higher temperature.

Cold water test when candy reaches 250° F.: hard ball.

Cold water test when candy reaches 300° F.: very brittle.

Yield (large recipe): number of pieces — one hundred (one inch square); weight — one and one-eighth pounds.

### ENGLISH TOFFEE

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 1½ cups  
 Thin cream (or top milk),  
 1½ cups  
 Salt, ⅛ teaspoon  
 Butter, 3 tablespoons  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, ¾ cup  
 Thin cream (or top milk),  
 ¾ cup  
 Salt, 1/16 teaspoon  
 Butter, 1½ tablespoons  
 Vanilla, ½ teaspoon

Put all of the ingredients except the butter and the vanilla into a saucepan and cook, stirring until the sugar is dissolved.



Continue cooking until the temperature  $244^{\circ}$  F. is reached. It will be necessary to stir this candy quite often, as it scorches easily. Add the butter and continue cooking to the temperature  $252^{\circ}$  F. Add vanilla.

Pour in a thin layer on a greased slab or an inverted pan or baking sheet which has been slightly greased. When still warm, mark with a knife in rectangular shapes about three inches long and one and one-fourth inches wide. The creases should be made quite deep so that the pieces of candy can be easily separated.

When cold the pieces can be broken apart along the lines of the creases.

This candy should be a little thicker than butterscotch. It should be slightly brittle — about as hard as the soft butterscotch.

Wrap each piece in waxed paper.

Cold water test when candy reaches  $244^{\circ}$  F.: rather firm ball.

Cold water test when candy reaches  $252^{\circ}$  F.: hard ball.

Yield (large recipe): number of pieces — one hundred (three by one and one-fourth inches); weight — one and one-fifth pounds.

**Nut Toffee.** — Use the recipe for English toffee and follow directions for cooking. When the toffee is done add one-half of a cup of almonds, blanched, cut into small pieces, and browned in the oven. Stir enough to mix through the candy. Pour in a thin layer on a greased slab or a greased inverted pan or baking sheet.

While still warm mark in rectangular shapes — about three inches long by one and one-fourth inches wide. The creases should be made quite deep so that the pieces can be easily separated.

When cold, break the pieces apart and wrap in waxed paper.

Walnuts, hazel nuts, or pecans may be used if desired.

## CHAPTER XI

### Clear Hard Candies and Lollypops

**General Directions.** — In making hard candies, the essential thing is to avoid crystallization, so that the candy will be clear and bright. To avoid crystallization a large proportion of corn syrup to sugar is used. The candy is not stirred during the cooking, after the sugar has dissolved. The sides of the pan are washed with a wet cloth to remove any sugar crystals which may lodge there.

In addition to these precautions, stir only enough to mix the coloring and flavoring through the candy when these are added.

Darkening of the syrup can be avoided by cooking slowly during the last few minutes, and by selecting a pan of such a shape that the candy will not be spread out over too large a surface in cooking. The upper part of a one-quart double boiler is a good shape and size.

The flavoring should be added as soon as the candy is taken from the fire, and for this reason a good deal must be used because the high temperature of the syrup causes some of it to “go up in smoke.” The flavoring oils — not the extracts — should be used, because they are much stronger.

The following combinations of flavor and color are customary:

Oil of clove or cinnamon . . . .	Red
Oil of lime or spearmint . . . .	Green
Oil of wintergreen . . . . .	Pink
Oil of lemon . . . . .	Yellow

If a coloring paste is used, it should be completely dissolved in as little water as possible.

Hard candies readily become sticky in hot or moist weather. They should never be put in a box with unwrapped candy of another type, because they will absorb its moisture. They keep best if placed in a tightly covered tin box with waxed paper between the layers.

### LOLLYPOPS

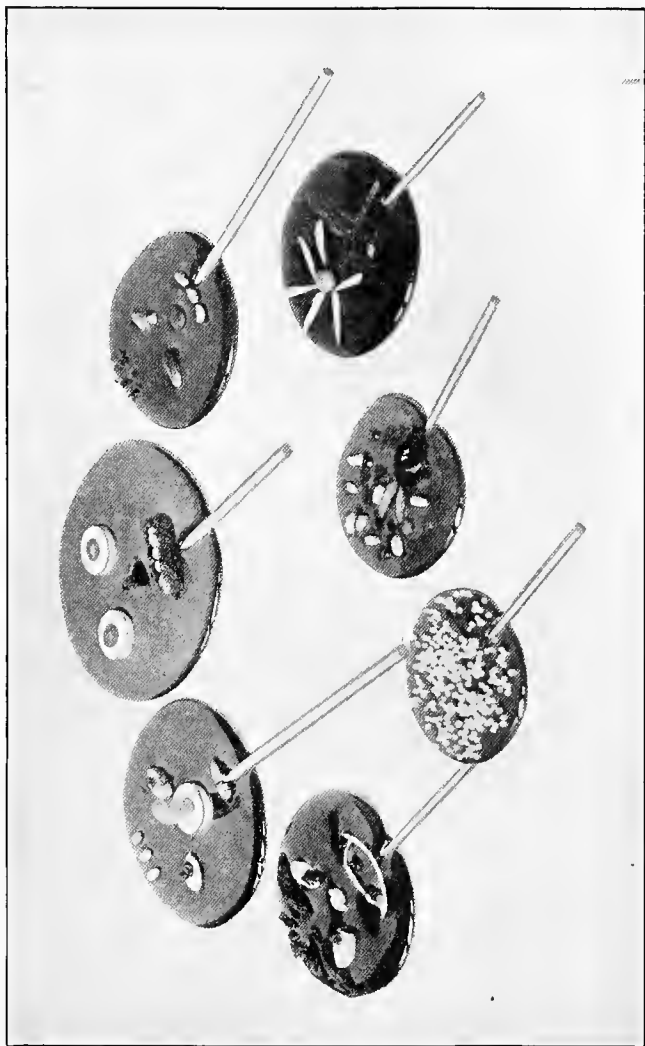
#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup,  $\frac{2}{3}$  cup  
 Water, 1 cup  
 Oil of peppermint,  $\frac{1}{2}$  tea-  
 spoon  
 Coloring matter

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup,  $\frac{1}{3}$  cup  
 Water,  $\frac{2}{3}$  cup  
 Oil of peppermint, 8 drops  
 Coloring matter

Put the sugar, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 310° F. is reached. During the cooking wash the sides of the pan with a wet cloth to remove any sugar crystals.



LOLLYPOPS BECOME EXPRESSIVE

The last twenty degrees of cooking should be done more slowly, so that there will be no discoloration of the syrup along the sides of the saucepan.

When done, remove from the fire, add coloring and flavoring, and stir only enough to mix.

From this point work must be done very rapidly because the candy has been cooked to a high temperature and will harden quickly.

For small lollypops drop from the tip of a tablespoon on a smooth greased slab or a greased inverted platter or baking sheet. The surface must be level or the lollypops will not be round.

Press one end of a toothpick or skewer into the edge of each lollypop. If decorations are to be used on the lollypop, they should be placed on it while it is still warm, so that they can be pressed into the candy.

For larger lollypops, pour the syrup from the pan instead of dropping it from the spoon.

Loosen the lollypops from the slab as soon as they are firm, before they are entirely cold. If allowed to remain until hard they will crack when being taken up.

Lollypops can be made in fancy shapes by pouring the mixture in small, slightly greased molds. Such molds can be purchased in the form of rabbits, fish, lambs, dogs, etc. The sticks should be pressed in while the candy is still warm.

Cold water test when syrup reaches 310° F.: very brittle.

Yield (large recipe): number — twenty lollypops (about three inches in diameter).

**Decorated Lollypops.** — Decorated lollypops make original favors for parties, either for children or grown-ups. The decorations may be conventional designs, flowers, or faces. A great deal of originality can go into the scheme of decoration.

For the flowers or conventional designs, caraway comfits of assorted colors, candied cherries, shredded blanched almonds, ornamental frosting, or the tiny candies used in decorating cakes are suitable. Stems may be made of angelica and leaves of angelica or blanched pistachio nuts.

For the faces, the eyes may be made from currants. Eyes of white almond may have black currant pupils. For a wide-eyed baby, use white candy peppermint rings and put currants in the holes in the centers. Strips of shredded raisins can be used for shaggy eyebrows. Beetling brows from black jelly beans give expression to a face.

A jelly bean nose isn't exactly Roman, but it will do. Or you can use strips of almond or candied fruit.

Almost anything will do for a mouth. If the lollypop is of another color than red, candied cherries give the effect of red lips. Strips of candied apricot or black prunes can be shaped to form mouths with turned up or turned down corners.

The effect of bangs can be achieved by sprinkling small candies or chopped nuts in the place where the hair ought to be.

For success in decorating lollypops, the design must be selected and the materials for carrying it out must

be at hand before the lollypops are dropped. The lollypops harden quickly, and unless the design is pressed in at once the pieces will fall off.

If two persons work together, one can drop the lollypops and put in the skewer handles, while the other does the decorating. If one person works alone, she should drop a few lollypops and then set the saucepan of syrup in hot water so that it will not harden while she does the decorating.

**Spiced Hard Candies.** — Use the recipe for lollypops, substituting oil of clove or cinnamon for the peppermint, and coloring the syrup red.

For squares, pour in a thin sheet on a slightly greased slab or a greased inverted platter, pan, or baking sheet. Mark deeply while still warm. When cool loosen the sheet of candy, lift from the slab, and break into squares. It is very difficult to make perfect squares. For the amateur candy maker it is probably better to make patties or small molds.

For patties, pour thin layers of the mixture into slightly greased muffin pans of the smallest size. When firm, invert the pan over a clean tea towel and loosen the candies by tapping on the bottom of the pan. The towel is used to prevent the candy from falling on a hard surface and breaking. Do not allow the candy to stand too long in the molds or the patties will be so brittle they will break while being removed.

The patties may be decorated while they are still warm and soft in the pans. A simple but effective



decoration is obtained by sprinkling the patties with tiny candies of mixed colors.

Tiny, round candy moons can be made by dropping small amounts of syrup from the tip of a teaspoon. These also can be decorated. If bright contrasting colors with suitable flavors are used, they will add much to the attractiveness of a candy box.

## CHAPTER XII

### Maple Candies

**General Directions.** — In sections of the country where maple sugar and syrup are plentiful, the candies made from them are cheap. Even where they are more expensive, we like to use them occasionally both on account of their delicious flavor and because they are not quite so sweet as cane sugar.

When either maple sugar or syrup is used in a recipe containing milk, the candy should be stirred continually while cooking as the acid in the maple may cause the milk to curdle.

When maple sugar is used it should be broken into small pieces and the candy cooked slowly at first, until the sugar is completely dissolved. If the sugar is old and very hard, it may be necessary to use extra water.

### MAPLE WAX

#### LARGE RECIPE

Maple syrup, 2 cups

or

Maple sugar, 2 cups

Water, 1 cup

#### SMALL RECIPE

Maple syrup, 1 cup

or

Maple sugar, 1 cup

Water,  $\frac{3}{4}$  cup

Put the ingredients into a saucepan and cook. (If sugar is used, stir until it is dissolved.) Cook until the temperature  $246^{\circ}$  F. is reached. Pour this hot syrup

in a thin stream over snow or shaved ice. As the candy touches the snow it will harden and form a waxlike rope.

Prepare a plate of snow for each person to be served. The wax should be eaten directly from the snow.

Cold water test when the candy reaches 246° F.: firm ball.

### MAPLE SUGAR PATTIES

#### LARGE RECIPE

Maple sugar, 2¼ cups  
(1 pound)  
Water, 2 cups

#### SMALL RECIPE

Maple sugar, 1⅛ cups  
(½ pound)  
Water, 1 cup

Cook together in a saucepan, stirring only until the sugar is dissolved. Continue cooking until the temperature 238° F. is reached. Remove from the fire.

For patties of quite a smooth texture, cool the syrup to 110° F. (lukewarm) before beating. Then beat until it begins to look creamy and loses its gloss. Turn into greased patty tins. These patties will be quite light in color.

For patties of a darker color and more grainy texture begin to beat candy as soon as it is taken from the fire. Continue beating until thick and slightly sugary on the edge of the pan. Turn into patty tins which have been greased. Set aside for a day to harden.

Cold water test when the candy reaches 238° F.: soft ball.

Yield (large recipe): number of patties — twenty; weight — one pound.

## MAPLE SUGAR FONDANT

## LARGE RECIPE

Maple sugar,  $2\frac{1}{4}$  cups  
(1 pound)  
Light corn syrup, 2 table-  
spoons  
Water, 1 cup  
Vanilla, 1 teaspoon

## SMALL RECIPE

Maple sugar,  $1\frac{1}{8}$  cups  
( $\frac{1}{2}$  pound)  
Light corn syrup, 1 table-  
spoon  
Water,  $\frac{3}{4}$  cup  
Vanilla,  $\frac{1}{2}$  teaspoon

Break the maple sugar into pieces and put it into a saucepan with the water and corn syrup. Cook, stirring constantly, until the sugar is dissolved. Remove the spoon and do not stir again during the cooking.

When the candy begins to boil, cover the saucepan and cook for three minutes. The steam formed washes down any sugar crystals which may be thrown on the sides of the saucepan. Remove the cover and continue the cooking.

From time to time wash down any sugar crystals which appear on the sides of the saucepan. For this purpose a fork covered with cheesecloth and dipped into cold water may be used.

Cook to  $238^{\circ}$  F.

Remove from fire and pour at once on a cold, wet platter. Cool to  $110^{\circ}$  F. (lukewarm). Beat with a fondant paddle or a spatula until the fondant becomes light and creamy. Add vanilla and knead until the mass is creamy and no lumps remain. A long beating is required for maple fondant.

Put away in a crock or glass jar and allow to ripen for two or three days before using. The fondant can be kept three or four weeks if waxed paper is laid over it and if it is kept tightly covered. If it becomes too dry, it should be covered with a damp cloth.

Cold water test when fondant is cooked to 238° F.: soft ball.

Yield (large recipe): weight — one pound.

MAPLE BROWN SUGAR FONDANT

LARGE RECIPE

Brown sugar, 2 cups  
Maple syrup, 1 cup  
Water, 1 cup

SMALL RECIPE

Brown sugar, 1 cup  
Maple syrup, ½ cup  
Water, ½ cup

Put the sugar, syrup, and water into a saucepan and cook, stirring, until the sugar is dissolved. Continue the cooking, without stirring, until the temperature 240° F. is reached. If sugar crystals form on the sides of the pan, they should be washed away with a wet cloth.

Remove from fire, pour on a cold wet platter; cool to 110° F. (lukewarm). Beat until creamy. A long beating is required. When the fondant can be handled, knead it until creamy and free from lumps.

This fondant is delicious for centers for chocolates.

(For more detailed directions for cooking, see maple sugar fondant, page 116.)

Cold water test when candy reaches 240° F.: rather firm ball.

Yield (large recipe): weight — one pound.

## MAPLE CREAMS

LARGE RECIPE	SMALL RECIPE
Maple sugar, $1\frac{1}{4}$ cups ( $\frac{1}{2}$ pound)	Maple sugar, $\frac{5}{8}$ cup ( $\frac{1}{4}$ pound)
Granulated sugar, 1 cup	Granulated sugar, $\frac{1}{2}$ cup
Water, $\frac{1}{3}$ cup	Water, $\frac{1}{4}$ cup
Milk, $\frac{3}{4}$ cup	Milk, $\frac{1}{2}$ cup
Corn syrup, 2 tablespoons	Corn syrup, 1 tablespoon
Butter, 1 tablespoon	Butter, $\frac{1}{2}$ tablespoon
Vanilla, 1 teaspoon	Vanilla, $\frac{1}{2}$ teaspoon

Break the maple sugar into pieces.

Cook the water and maple sugar together, stirring until the sugar dissolves.

Add the milk, corn syrup, and granulated sugar and cook, stirring, until the temperature  $236^{\circ}$  F. is reached. Remove from the fire and add butter without stirring.

Cool to  $110^{\circ}$  F. (lukewarm), add vanilla, and beat until the candy becomes creamy. Turn into slightly greased pans. When cool, cut into squares.

This candy is very delicate in flavor. The maple flavor is less pronounced than in the maple nut squares.

Black walnuts, or other nuts, may be added if desired.

Cold water test when candy reaches  $236^{\circ}$  F.: soft ball.

Yield (large recipe): number of pieces — twenty-four; weight — one pound.

## MAPLE NUT SQUARES

## LARGE RECIPE

Maple sugar,  $2\frac{1}{4}$  cups  
(1 pound)  
Water,  $\frac{3}{4}$  cup  
Light corn syrup, 1 table-  
spoon  
Thin cream,  $\frac{3}{4}$  cup  
Nut meats,  $\frac{2}{3}$  cup (broken  
in pieces)

## SMALL RECIPE

Maple sugar,  $1\frac{1}{8}$  cups  
( $\frac{1}{2}$  pound)  
Water,  $\frac{1}{2}$  cup  
Light corn syrup,  $\frac{1}{2}$  table-  
spoon  
Thin cream,  $\frac{3}{8}$  cup  
Nut meats,  $\frac{1}{3}$  cup (broken  
in pieces)

Break the maple sugar into pieces and put it with the water and syrup into a saucepan. Cook, stirring until the sugar is dissolved. Add the cream and cook, stirring, to prevent curdling, until the temperature  $236^{\circ}$  F. is reached.

Remove from the fire. Cool to  $110^{\circ}$  F. (lukewarm). Beat until the candy becomes creamy and until a small amount of it, dropped from the spoon, will hold its shape. Add nuts and turn the candy into slightly greased pans. (Pecans or walnuts are especially good with the maple flavor.)

This candy requires a long beating and is very creamy.

When cold cut into squares the size of caramels.

Cold water test when candy reaches  $236^{\circ}$  F.: soft ball.

Yield (large recipe): number of pieces — thirty-six; weight — one and one-fourth pounds.

## MAPLE PENUCHI

## LARGE RECIPE

Brown sugar,  $\frac{1}{2}$  cup  
 Granulated sugar,  $1\frac{1}{2}$  cups  
 Maple syrup, 1 cup  
 Milk,  $\frac{1}{2}$  cup  
 Light corn syrup, 2 table-  
 spoons  
 Butter, 1 tablespoon  
 Nut meats, 1 cup (pecans  
 or walnuts)  
 Vanilla, 1 teaspoon

## SMALL RECIPE

Brown sugar,  $\frac{1}{4}$  cup  
 Granulated sugar,  $\frac{3}{4}$  cup  
 Maple syrup,  $\frac{1}{2}$  cup  
 Milk,  $\frac{1}{4}$  cup  
 Light corn syrup, 1 table-  
 spoon  
 Butter,  $\frac{1}{2}$  tablespoon  
 Nut meats,  $\frac{1}{2}$  cup (pecans  
 or walnuts)  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put the sugars, syrups, and milk into a saucepan. Cook, stirring constantly, to a temperature of  $236^{\circ}$  F.

Remove from the fire, add butter, and set aside to cool. When lukewarm ( $110^{\circ}$  F.) add vanilla and broken nuts, and beat until thick and creamy. Pour into slightly greased pans. When cold, cut into squares.

Cold water test when candy reaches  $236^{\circ}$  F.: soft ball.

Yield (large recipe): number of pieces — twenty-four; weight — one and three-fourths pounds.

## MAPLE TAFFY

## LARGE RECIPE

Sugar,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{3}{4}$  cup  
 Maple syrup,  $\frac{3}{4}$  cup  
 Water,  $\frac{1}{3}$  cup  
 Soda,  $\frac{1}{8}$  teaspoon  
 Butter,  $1\frac{1}{2}$  tablespoons

## SMALL RECIPE

Sugar,  $\frac{1}{3}$  cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Maple syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Soda,  $\frac{1}{16}$  teaspoon  
 Butter, 1 tablespoon



Put the sugar, corn syrup, maple syrup, and water into a saucepan, and cook, stirring until the sugar is dissolved. Continue cooking, stirring occasionally to prevent burning, until the temperature 275° F. is reached.<sup>1</sup>

Remove from the fire, add the butter and soda (free from lumps), and stir just enough to mix well. Too much stirring may cause the taffy to sugar.

Turn into a greased pan and allow to stand until it is cool enough to handle.

Gather into a ball and pull until light in color and rather firm. Stretch out in a long rope and cut into pieces with the scissors. If not to be used at once, wrap in waxed paper.

Cold water test when the candy reaches 275° F.: slightly brittle.

Yield (large recipe): number of pieces — seventy-five; weight — fifteen ounces.

### MAPLE NUT BRITTLE

#### LARGE RECIPE

Maple sugar, 1 cup  
( $\frac{2}{5}$  pound)  
Light corn syrup, 1 cup  
Water,  $\frac{1}{2}$  cup  
Nut meats, 1 cup  
Butter, 2 tablespoons

#### SMALL RECIPE

Maple sugar,  $\frac{1}{2}$  cup  
( $\frac{1}{5}$  pound)  
Light corn syrup,  $\frac{1}{2}$  cup  
Water,  $\frac{1}{3}$  cup  
Nut meats,  $\frac{1}{2}$  cup  
Butter, 1 tablespoon

<sup>1</sup> When the candy is cooked to 275° F., it is quite hard. If a softer taffy is desired, cook only to 270° F.

Break the nut meats into pieces and heat them in a moderate oven until crisp and slightly brown. Pecans, walnuts, hickory nuts, or almonds blend especially well with the maple flavor.

Put the sugar, syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. If the sugar is old and hard, use a low flame during the first part of the cooking. Continue cooking, without stirring, until the temperature  $275^{\circ}$  F. is reached. If sugar crystals form on the sides of the pan during the cooking, they should be washed away with a piece of wet cloth.

Add butter and nut meats, and cook, stirring to prevent burning, until the temperature  $290^{\circ}$  F. is reached. Remove from the fire. Turn at once on a greased slab or a greased, inverted pan or baking sheet. Do not scrape the saucepan, as this may cause the brittle to sugar. Have enough pans to give space for the brittle to be poured out in very thin sheets.

Smooth with a spatula. After about half a minute, take hold of the edges of the candy, and, lifting it slightly from the slab, pull as thin as possible. If the candy is in a large sheet, it may be necessary to break off the thin pieces at the edges in order to pull the center.

Break into irregular pieces.

Cold water test when candy reaches  $275^{\circ}$  F.: slightly brittle.

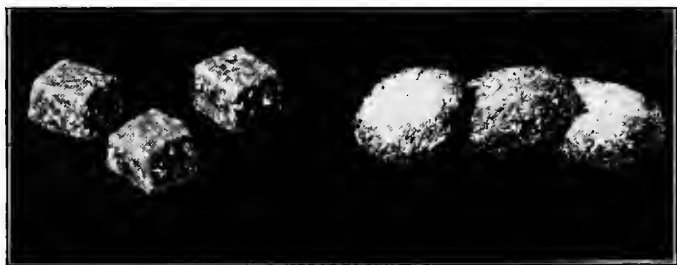
Cold water test when candy reaches  $290^{\circ}$  F.: very brittle.

Yield (large recipe): number of pieces — thirty; weight — thirteen ounces.

## CHAPTER XIII

### Cocoanut Candies

**General Directions.**— There are three kinds of cocoanut usually available for candy making: the dry or desiccated, the fresh, and the canned fresh. The fresh cocoanut and the canned fresh cocoanut are both



COCOANUT CUBES AND COCOANUT BISCUITS

much more moist than the dried, hence it is not safe to substitute one for the other in the recipes given. The canned fresh cocoanut may be substituted for the fresh grated by draining the canned cocoanut in a cheese-cloth or fine sieve and putting in an equal measure. To open the fresh cocoanut, remove the eye with a sharp pointed knife and drain out the cocoanut milk through this opening. Break the cocoanut with a hatchet, small axe, or chisel. Remove the cocoanut

meat. Cut off the brown rind. The cocoanut may then be grated or sliced in very thin slices with a sharp knife.

One cocoanut yields about three-fourths of a cup of milk. If any recipe calls for this amount of milk and the cocoanut does not yield enough, add water to make up the required liquid measurement.

One cocoanut yields about four cups of grated cocoanut. This should be measured lightly — not packed.

### FRESH COCOANUT DROPS

#### LARGE RECIPE

Fondant, 2 cups  
 Fresh cocoanut, grated,  
 1 cup  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Fondant, 1 cup  
 Fresh cocoanut, grated,  
 $\frac{1}{2}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Knead together the fondant and cocoanut. Put into the upper part of the double boiler, over hot water, and heat until melted. Do not allow the water to boil while melting the fondant.

When soft add vanilla and drop from the tip of a teaspoon on a slightly greased slab or inverted pan.

When dropped, the fondant mixture should be firm enough to hold its shape in small mounds. These should not be more than an inch in diameter.

For more detailed directions for melting fondant, see Chapter V, page 23.

Yield (large recipe): number of pieces — seventy small drops.

## COCOANUT LADY CREAMS

## LARGE RECIPE

Sugar, 2 cups  
 Cocoanut milk,  $\frac{3}{4}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Fresh cocoanut, grated,  
 1 cup

## SMALL RECIPE

Sugar, 1 cup  
 Cocoanut milk,  $\frac{3}{8}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Fresh cocoanut, grated,  
 $\frac{1}{2}$  cup

Cook together the cocoanut milk, water, and sugar, stirring only until the sugar is dissolved. Continue cooking, without stirring, until the temperature  $240^{\circ}$  F. is reached. Wash down crystals which form on the sides of the pan. (See general directions for fondant making, page 15.)

When the candy reaches  $240^{\circ}$  F. remove from the fire and pour on a wet platter. Cool, without jarring, to the temperature  $110^{\circ}$  F. (lukewarm).

Beat with a fondant paddle, or spatula, until it becomes thick and creamy. Knead for about four minutes, until it is smooth.

Add the fresh grated cocoanut, kneading it through the candy. This softens the candy, making it almost too soft to handle.

Place the candy in the upper part of a double boiler and melt over hot water, stirring as little as possible. If the candy is very soft allow it to stand over the hot water for about five minutes.

This candy may then be dropped as kisses from the tip of a teaspoon on a greased slab or inverted pan. Or it may be poured into small patty tins which have been dusted with cornstarch, or very slightly greased.

For the real lady-creams the candy should be poured into pans and allowed to stand until firm. Cut into bars about two by five inches and cover with coating-chocolate.

Cold water test when candy reaches 240° F.: soft ball.

Yield (large recipe): number of pieces — sixty kisses or three bars; weight — fourteen ounces.

### ORANGE COCOANUT PATTIES

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 2 table-  
 spoons  
 Water,  $\frac{3}{4}$  cup  
 Fresh cocoanut, grated,  
 $\frac{1}{2}$  cup  
 Orange skin, grated,  $\frac{1}{2}$   
 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, 1 table-  
 spoon  
 Water,  $\frac{1}{2}$  cup  
 Fresh cocoanut, grated,  
 $\frac{1}{4}$  cup  
 Orange skin, grated,  $\frac{1}{4}$   
 teaspoon

Cook together the sugar, water, and corn syrup, stirring only until the sugar is dissolved. Continue cooking, without stirring, until the temperature 246° F. is reached. If sugar crystals form on the sides of the pan they should be washed away with a wet cloth. Remove from fire.

Add grated cocoanut and orange skin, taking care to stir as little as possible lest the mixture "sugar."

Pour out on a moist platter. Cool to 120° F. (almost lukewarm), and then beat with a fondant paddle or a spatula. When it becomes thick and creamy knead for about four minutes — until it is smooth.

Color a delicate yellow or orange.

This fondant may be remelted and dropped on waxed paper as kisses.

It may be made into a bar and coated with chocolate. Or it may be shaped and rolled in cocoanut.

Measure the orange skin carefully, as an excess will completely mask the delicate taste of the fresh cocoanut.

Cold water test when the candy reaches 246° F.: firm ball.

Yield (large recipe): weight — one pound.

### COCOANUT SNOWFLAKES

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 2 table-  
 spoons  
 Water,  $\frac{3}{4}$  cup  
 Fondant, melted,  $\frac{2}{3}$  cup  
 Fresh cocoanut, grated,  
 2 cups  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, 1 table-  
 spoon  
 Water,  $\frac{1}{2}$  cup  
 Fondant, melted,  $\frac{1}{3}$  cup  
 Fresh cocoanut, grated,  
 1 cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Put the sugar and water into a saucepan and cook, stirring until the sugar is dissolved. Continue the cooking, stirring only enough to prevent burning, until the temperature 270° F. is reached. If sugar crystals form on the sides of the pan, they should be washed away with a damp cloth.

Remove the candy from the fire, add the fondant, which has been melted over hot water, and the cocoanut. Mix thoroughly. Add vanilla. Pour on a greased

slab or inverted baking sheet. When firm cut into squares or bars. Because of the large amount of cocoanut, the candy is somewhat rough in appearance. It should be cut while warm.

The candy may be dropped by the teaspoonful on a greased surface and shaped with the spoon to resemble snowballs.

Cold water test when candy reaches 270° F.: almost brittle.

Yield (large recipe): number of bars — twenty-four (one inch wide and three inches long); weight — one and three-fourths pounds.

### COCOANUT SNOWBALLS

#### LARGE RECIPE

Sugar, 2½ cups  
 Light corn syrup, 2 table-  
 spoons  
 Water, ¾ cup  
 Fresh cocoanut, grated,  
 2 cups

#### SMALL RECIPE

Sugar, 1¼ cups  
 Light corn syrup, 1 table-  
 spoon  
 Water, ½ cup  
 Fresh cocoanut, grated,  
 1 cup

Cook all of the ingredients together until the temperature 236° F. is reached. Stir until the sugar is dissolved when beginning the cooking, and thereafter stir as little as possible to prevent burning.

If sugar crystals appear on the sides of the saucepan during cooking, wash them down with a damp cloth as in making fondant.

When the candy is done, remove from the fire at once



and pour into a dampened platter. Do not scrape the kettle, as it may cause the candy to "sugar."

Cool the candy to 120° F. (almost lukewarm). If a thermometer is to be used for determining the temperature, lay it in the platter and pour the candy over it, as putting the thermometer in later may cause the sugar to crystallize.

When the candy cools beat it with a fondant paddle or a spatula. When thick and creamy knead it until smooth and free from lumps.

Shape in small balls. These may be rolled in grated cocoanut or in granulated sugar to give them a more irregular appearance.

Cold water test when the candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — fifty snowballs; weight — one and one-half pounds.

### FRESH COCOANUT CREAMS

#### LARGE RECIPE

Fresh cocoanut, grated  
and browned,  $\frac{3}{4}$  cup  
Sugar, 2 cups  
Milk,  $\frac{3}{4}$  cup  
Light corn syrup, 1 table-  
spoon  
Butter, 1 tablespoon  
Vanilla, 1 teaspoon

#### SMALL RECIPE

Fresh cocoanut, grated  
and browned,  $\frac{3}{8}$  cup  
Sugar, 1 cup  
Milk,  $\frac{3}{8}$  cup  
Light corn syrup,  $\frac{1}{2}$  table-  
spoon  
Butter,  $\frac{1}{2}$  tablespoon  
Vanilla,  $\frac{1}{2}$  teaspoon

The cocoanut may be browned or used without browning, as desired. If not browned it should be

spread in a thin sheet and dried slightly to prevent excessive softening of the creams.

To brown: spread out in a very thin sheet on a pan and heat in a slow oven (280° F.) for about twenty minutes.

Put the sugar, milk, and corn syrup into a saucepan and cook, stirring until the sugar is dissolved.

Continue cooking, stirring occasionally to prevent burning, until the temperature 240° F. is reached. Remove from the fire, add the butter. Stir only enough to mix the butter through the mass.

Pour on a platter which has been rinsed with cold water. Allow the candy to cool to 110° F., add vanilla, and beat with a fondant paddle until the mass becomes creamy. Knead, working in the cocoanut.

Press into slightly buttered pans and when cold cut into squares about the size of caramels.

Cold water test when candy reaches 240° F.: soft ball.

Yield (large recipe): number of pieces — twenty-four squares; weight — one and one-eighth pounds.

### COCOANUT SANDUSKYS

#### LARGE RECIPE

Granulated sugar, 1 cup  
 Brown sugar, 1 cup  
 Cocoanut milk,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Fresh cocoanut, grated,  
 1 cup  
 Vanilla, 1 teaspoon

#### SMALL RECIPE

Granulated sugar,  $\frac{1}{2}$  cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Cocoanut milk,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{4}$  cup  
 Fresh cocoanut, grated,  
 $\frac{1}{2}$  cup  
 Vanilla,  $\frac{1}{2}$  teaspoon

Water may be substituted for the cocoanut milk if desired.

Cook together the cocoanut, cocoanut milk, sugar, and water until the temperature 236° F. is reached. Stir during cooking to prevent burning.

Remove from fire and cool to 120° F. (almost luke-warm). Beat until thick and creamy. This requires a long beating.

Turn into greased pans. Cut in squares.

This is a rather soft candy. If you wish a firmer candy, which can be cut and served soon after making, cook to 238° F.

Cold water test when the candy reaches 236° F.: soft ball.

Yield (large recipe): number of pieces — twelve; weight — thirteen ounces.

### FRESH COCOANUT CRISP

#### LARGE RECIPE

Light corn syrup,  $\frac{3}{4}$  cup  
 Sugar,  $1\frac{1}{4}$  cups  
 Fresh cocoanut, sliced,  
 $1\frac{1}{2}$  cups

#### SMALL RECIPE

Light corn syrup,  $\frac{1}{3}$  cup  
 Sugar,  $\frac{3}{4}$  cup  
 Fresh cocoanut, sliced,  
 $\frac{3}{4}$  cup

Put the sugar and syrup into a saucepan and cook slowly, stirring until the sugar is dissolved. Continue cooking, stirring occasionally, until the temperature 250° F. is reached.

Add the cocoanut and cook slowly, stirring constantly, until the cocoanut becomes brown. The temperature will then be about 275° F.

Pour the candy on a greased slab or greased inverted baking sheet. Spread it out in a thin sheet. After about a half minute take hold of the edges of the candy, and lifting it slightly from the slab, pull it as thin as possible. If the candy is in a large sheet it may be necessary to cut off the thin pieces at the edges in order to pull the center.

Break into irregular pieces.

Cold water test when candy reaches 250° F.: very firm, beginning to get brittle.

Cold water test when candy reaches 275° F.: brittle.

Yield (large recipe): weight — one pound.

### FRESH COCOANUT BRITTLE

#### LARGE RECIPE

Granulated sugar, 2 cups  
 Brown sugar, 1 cup  
 Light corn syrup, ½ cup  
 Water, ½ cup  
 Butter, 2 tablespoons  
 Soda, ⅛ teaspoon  
 Salt, ⅛ teaspoon  
 Fresh cocoanut, sliced, 1½ cups

#### SMALL RECIPE

Granulated sugar, 1 cup  
 Brown sugar, ½ cup  
 Light corn syrup, ¼ cup  
 Water, ¼ cup  
 Butter, 1 tablespoon  
 Soda, ⅛ teaspoon  
 Salt, ⅛ teaspoon  
 Fresh cocoanut, sliced, ¾ cup

Brown the sliced, fresh cocoanut in the oven.

Put the sugar, water, and corn syrup into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the candy reaches 300° F. Wash down sugar crystals from the sides of the pan with a damp cloth.

Remove from fire, add salt, soda (free from lumps), and butter, and stir only enough to mix well. Add the browned cocoanut, stir, and turn at once on a greased slab or inverted pan or baking sheet.

Smooth out with a spatula. After about a minute take hold of the edges of the candy, and lifting it slightly from the slab, pull it as thin as possible.

Break into irregular pieces.

Cold water test when candy reaches 300° F.: very brittle.

Yield (large recipe): weight — one and three-fourths pounds.

### COCOANUT CREAM BISCUITS

#### LARGE RECIPE

Fresh cocoanut, grated,  
4 cups  
Sugar, 1 cup  
Light corn syrup,  $\frac{3}{8}$  cup  
Water  $1\frac{1}{2}$  cups

#### SMALL RECIPE

Fresh cocoanut, grated,  
2 cups  
Sugar,  $\frac{1}{2}$  cup  
Light corn syrup, 3 table-  
spoons  
Water, 1 cup

This recipe contains a large proportion of cocoanut with only enough syrup to hold it together, hence it must be watched carefully while cooking.

Put all of the ingredients into a saucepan and cook, stirring to prevent burning, until the temperature 240° F. is reached. At this temperature the candy may become delicate brown in color.

Remove from fire and pour out on a greased slab or a

greased, inverted pan or baking sheet. Roll with a rolling pin until about one-half inch thick. Cut with a small biscuit cutter.

Place on a greased, inverted baking sheet or pan and bake in a hot oven just long enough to brown the top. If the biscuits do not brown quickly, place under the broiler for a minute to brown the top. If the biscuits are baked too long, they become hard and brittle; they should be soft on the inside.

Cold water test when the candy reaches 240° F.: rather soft ball.

Yield (large recipe): number of biscuits — twenty-four; weight — fifteen ounces.

### COCOANUT BISCUITS

Desiccated cocoanut, chopped, 2 cups

Light corn syrup,  $\frac{1}{4}$  cup

Sugar,  $\frac{1}{4}$  cup

Flour,  $\frac{1}{4}$  cup

Egg white, 1

Put cocoanut through the food chopper. Coarse cocoanut spoils the shape of the biscuits.

Beat the egg white until stiff. Gradually fold in the sugar, flour, corn syrup, and cocoanut. Drop on a greased baking sheet. Form biscuits with the hands, making them flat on top and regular in shape.

Bake in a hot oven (410° F.) for ten minutes. If at the end of this time they are not brown, slip them under the broiler just long enough to color them. Too long

baking makes biscuits dry and hard. They should be soft inside.

Yield: number of biscuits — twelve, one and three-fourths inches in diameter; weight — fourteen ounces.

## COCOANUT CUBES

## LARGE RECIPE

Sugar,  $1\frac{1}{2}$  cups  
 Light corn syrup, 2 cups  
 Water,  $\frac{1}{4}$  cup  
 Fondant, 2 cups  
 Desiccated cocoanut, 2 cups

## SMALL RECIPE

Sugar,  $\frac{3}{4}$  cup  
 Light corn syrup, 1 cup  
 Water,  $\frac{1}{4}$  cup  
 Fondant, 1 cup  
 Desiccated cocoanut, 1 cup

Heat the cocoanut in a moderate oven until a delicate brown.

Cook together the sugar, corn syrup, and water, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature  $254^{\circ}$  F. is reached.

Remove from the fire, add the fondant and cocoanut, stir until thoroughly mixed, and pour into greased pans. When still lukewarm, cut into cubes of desired size.

These may be wrapped, as caramels, or served unwrapped.

Coffee, caramel, or brown sugar fondant are better in this recipe than a plain vanilla fondant because their flavor is more pronounced. The darker colors also improve the appearance of this candy.

Cold water test when candy reaches  $254^{\circ}$  F.: hard ball.

Yield (large recipe): number of pieces — ninety-six (size of caramels); weight — three pounds.

### COCOANUT HAYSTACKS

#### LARGE RECIPE

Granulated sugar, 1 cup  
 Brown sugar, 1 cup  
 Water,  $\frac{3}{4}$  cup  
 Dark corn syrup, 1 cup  
 Butter, 2 tablespoons  
 Salt,  $\frac{1}{2}$  teaspoon  
 Desiccated cocoanut,  
 $4\frac{1}{2}$  cups

#### SMALL RECIPE

Granulated sugar,  $\frac{1}{2}$  cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Water,  $\frac{3}{8}$  cup  
 Dark corn syrup,  $\frac{1}{2}$  cup  
 Butter, 1 tablespoon  
 Salt,  $\frac{1}{4}$  teaspoon  
 Desiccated cocoanut,  
 $2\frac{1}{4}$  cups

If the cocoanut is very coarse it should be chopped.

The flavor is improved if the cocoanut is heated in the oven until a delicate brown.

Put all the ingredients except the cocoanut into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, stirring only enough to prevent burning, until the temperature  $245^{\circ}$  F. is reached.

Remove from the fire, add cocoanut. Mix thoroughly. Drop by spoonfuls on a greased surface and shape into cones with the hands. Work quickly or the mixture will harden.

Cold water test when candy reaches  $245^{\circ}$  F.: firm ball, but not hard (about like a soft caramel).

Yield (large recipe): number of haystacks — twenty-eight; weight — one and one-fourth pounds.



## CHAPTER XIV

### Nuts

Nut candies are popular because the nuts add flavor and relieve the sweetness of the candy. Pecans, almonds, and walnuts are the varieties mentioned most often in our recipes, because these are the nuts most commonly found in markets. However, other nuts may be substituted for them.

**Freshening Nuts.** — The flavor of almost all nuts is improved by heating them for a few minutes in a moderate oven until they become crisp. For some recipes the nuts should be left in the oven until they are delicately browned. This browning brings out the flavor and is desirable wherever it is not necessary to keep the light color.

If the nuts are slightly rancid they should be covered with boiling water, allowed to stand for about three minutes, drained, dried on a clean tea towel, and put into the oven to become crisp.

**Blanching Nuts.** — Almonds and pistachio nuts are commonly blanched to remove the dark outer skin. To blanch nuts, cover with boiling water, and allow to stand until the skins loosen. Drain off the hot water and plunge the nuts into cold water. The skins can be easily rubbed off.

Do not try to blanch too many nuts at a time. It is difficult to handle more than about two cups in one blanching. If the nuts remain too long in the water they become soaked. If they are removed from the water and stand before having their skins rubbed off, they become dry and the skins stick.

Almonds should always be dried in the oven after being blanched. Pistachio nuts should never be put in the oven after blanching, as the heat spoils their bright green color.

#### NUTS IN THE SHELL AND OUT

KIND OF NUTS	WEIGHT IN SHELL	WEIGHT OF SHELLED NUT MEATS	MEASURE OF SHELLED NUT MEATS
Almonds	1 pound	7 ounces	1 $\frac{1}{3}$ cups
English walnuts	1 pound	7 $\frac{1}{4}$ ounces	2 cups
Pecans . . . . .	1 pound	7 ounces	2 cups
Peanuts	1 pound	11 ounces	1 $\frac{3}{4}$ cups

#### SALTED NUTS

Shelled nuts, 1 pound  
 Salad oil, 1 pint  
 Salt

Almonds and peanuts are commonly salted. However, salted pecans, English walnuts, hazelnuts, pistachio nuts, and Brazil nuts are equally good. For variety, combinations of salted nuts can be served,

but each kind should be salted separately, as some brown more quickly than others.

Cooking the nuts in oil in a saucepan on top of the stove gives a uniformity of color and crispness. This is very difficult to achieve by cooking them in the oven.

If almonds are to be salted, they should be blanched and dried. Peanuts should have the shells and the red skins removed.

Do not try to put more than one-half cup of nut meats into the oil at one time.

Heat the oil in a small saucepan over a medium flame to the temperature 360°–370° F., when smoke barely begins to appear. Drop in the nuts and stir to keep them from browning on the bottom of the pan. Cook until they are a delicate brown. A few nuts will have to be lifted out of the oil from time to time, in order to see their true shade. Because of the color of the oil it is difficult to tell the exact shade of the nuts while they are cooking. Do not allow the nuts to become too dark. Especial care must be taken with walnuts and pecans.

When the nuts are a light brown, remove from the oil and place them on unglazed paper to drain. Transfer to a second sheet of paper and sprinkle with salt.

Yield: one pound.

**Buttered Nuts.** — Prepare nuts as for salting. Place them in a baking pan with butter, allowing one teaspoon of butter to each cup of nuts. Bake in a very slow oven from five to ten minutes. They should be crisp and very delicately browned.

Buttered nuts are especially good for salads or combined with caramel sauce to pour over ice cream.

If almonds are to be buttered, they should be very thoroughly dried in the oven before the butter is added.

**Chocolate Coated Nuts.** — Melt and work dipping chocolate according to directions given in Chapter XVI.

Any kind of nut may be coated with chocolate, but *all* nuts are improved in flavor if first browned slightly in the oven.

The nuts can be coated singly or arranged in clusters. To form clusters, remove nuts from chocolate, one at a time, and place them on the board so that they will touch each other, and will stick together after the chocolate hardens. The prettiest clusters are formed with three nuts. Because of their shape, hazel nuts are specially attractive in clusters.

**Chocolate Acorns.** — Dip the rounded end of a blanched almond into melted chocolate so that about one half of the nut is covered. Take from chocolate and roll in chopped nuts, either pistachio nuts or browned almonds. The chopped nuts cling to the soft chocolate, forming the rough end of the acorn.

### SPICED NUTS

#### LARGE RECIPE

Almonds, blanched,  
 $\frac{1}{2}$  pound  
 Egg white, 1  
 Water, cold,  $1\frac{1}{2}$  table-  
 spoons

#### SMALL RECIPE

Almonds, blanched,  
 $\frac{1}{4}$  pound  
 Egg white,  $\frac{1}{2}$   
 Water, cold, 1 table-  
 spoon

## LARGE RECIPE

Confectioners' sugar,  
2 cups  
Cornstarch,  $\frac{1}{2}$  cup  
Salt, 2 teaspoons  
Cinnamon,  $\frac{1}{2}$  cup  
Ginger, 2 teaspoons  
Cloves, ground, 1 table-  
spoon  
Nutmeg, ground, 1 tea-  
spoon

## SMALL RECIPE

Confectioners' sugar,  
1 cup  
Cornstarch,  $\frac{1}{4}$  cup  
Salt, 1 teaspoon  
Cinnamon,  $\frac{1}{4}$  cup  
Ginger, 1 teaspoon  
Cloves, ground,  $\frac{1}{2}$  table-  
spoon  
Nutmeg, ground,  $\frac{1}{2}$  tea-  
spoon

Blanch the almonds and place in a slow oven to dry. Pecans or walnuts may be used instead of the almonds, or mixed with them. These nuts need not be blanched, but should be freshened in the oven.

Sift the sugar, cornstarch, salt, and spices together three times in order to mix thoroughly.

To the egg white add the cold water, and beat slightly so that the egg will not be stringy. Put a portion of the nuts into a coarse strainer and dip up and down in the egg white until each nut is well coated with the egg. Drain.

Roll the nuts in a small amount of the spiced sugar mixture which has been placed on a sheet of paper. Repeat until all the nuts are coated.

In shallow pans put layers of the spiced sugar mixture about one-fourth of an inch thick. Drop the coated nuts into this, leaving spaces between them. Cover with the spiced sugar mixture.

Bake for three hours in an oven at 250° F. (very slow). This long baking gives the spices opportunity to penetrate the nuts, and also makes the nuts crisp. The finished nuts should be completely covered with a thin, brittle coating of the spiced sugar mixture.

Remove from the oven and sift the sugar from the nuts. Keep the sugar and spice mixture in jars for future use.

Yield (large recipe): one-half pound of nuts.

#### GLACÉ FOR NUTS

Sugar,	1 cup
Light corn syrup,	$\frac{1}{3}$ cup
Water,	$\frac{1}{2}$ cup

If almonds or pistachio nuts are to be used they should be blanched, and the almonds should be delicately browned in the oven. Freshen other nuts in the oven, if necessary.

Put the sugar, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue the cooking, without stirring, until the temperature 300° F. is reached. As sugar crystals form on the sides of the pan they must be washed away with a wet cloth. This cooking should be done in a small saucepan, and the latter part of the cooking done over a low flame so that the syrup will not discolor. The proper color for a glacé is a delicate straw shade.

When the syrup is done, remove from the fire and set into boiling water to prevent hardening. Drop a few

nuts into the syrup. Dip them out, one by one, and place them on a flat, greased surface. The easiest way to dip nuts is to hold a fork in each hand, lift the nut from the syrup with one, and push it from the first fork with the second. Remove as little surplus syrup with the nuts as possible. The glacé should cover the nut, but the base should be only slightly larger than the nut itself.

A superfluous amount of glacé around the base of the nut indicates the work of an amateur. As in chocolate dipping, skill in glacé dipping comes only through practice.

Stir the syrup as little as possible when dipping the nuts, to prevent crystallization.

When the syrup becomes too thick for dipping, it can be reheated, but care must be taken that it does not brown.

Glacé is more successful in cold than in warm weather. Heat or moisture causes it to become sticky on standing.

The keeping quality of glacé for nuts is not satisfactory. The best results are obtained when it is made the day it is to be used. If the nuts are to be kept they should be put in layers in a tin box, with waxed paper between the layers, and the box should be tightly closed. Do not put any other kind of candy in with them, as they will absorb the moisture and become sticky.

The glacé can be colored and flavored. Coloring or flavoring should be added just as soon as the syrup is taken from the fire and stirred in as little as possible.

## BAKED NUT SQUARES

## LARGE RECIPE

Eggs, 3  
 Brown sugar,  $1\frac{1}{2}$  cups  
 Flour,  $\frac{3}{4}$  cup  
 Baking powder,  $\frac{3}{4}$  tea-  
 spoon  
 Nut meats, 1 cup  
 Dates,  $\frac{1}{2}$  cup

## SMALL RECIPE

Eggs, 2  
 Brown sugar, 1 cup  
 Flour,  $\frac{1}{2}$  cup  
 Baking powder,  $\frac{1}{2}$  tea-  
 spoon  
 Nut meats,  $\frac{2}{3}$  cup  
 Dates,  $\frac{1}{3}$  cup

Break the nut meats into small pieces and freshen them in the oven. Wash the dates, dry them, remove the seeds, and cut them into small pieces.

Beat the eggs until light; add sugar and beat until thoroughly blended. Add the flour and baking powder which have been sifted together; mix well; add nuts and dates and stir through the dough.

Spread the mixture in a layer one-half inch thick in greased, shallow pans. Bake in a moderate oven,  $350^{\circ}$  F., for twenty minutes, or until the mixture is firm.

Remove from the oven, and while warm cut into small squares or rectangles. While still warm remove from the pans. Cover with powdered sugar, if desired.

Yield (large recipe): number of small squares — eighty.



## CHAPTER XV

### Fruits

**General Directions for Stuffed Prunes.** — Stuffed prunes are being used more and more commonly and often take the place of candy, especially for children.

In selecting the prunes, consider the way in which they are to be used. If in combination with candy, prunes of the smaller sizes (as 40–50s) are more desirable. The big fancy prunes (20–30s) are too large to look dainty in a box of candy, but are usually preferred for a jar of stuffed prunes.

The prunes should be washed and steamed. For steaming, place them in a collander or coarse strainer over a kettle of boiling water, taking care that no water touches the fruit. Cover tightly and allow the steam to soften them for five to ten minutes. The time of steaming depends upon the dryness of the prunes. They should be plump and tender, but not soft, when taken from the steam.

Various mixtures may be used for stuffing prunes, but nuts or mixtures of fruits blend most acceptably with the prune flavor. Fondant alone is too sweet to be interesting.

Whole almonds, blanched and dried, may be put into the prunes. A mixture of chopped almonds and

pecans, held together by ground prune pulp, is a good stuffing.

Do not fill the prunes too full because when they are too large they are unappetizing and difficult to eat.

#### STUFFED PRUNES I

Prunes,	15
Candied Apricots,	6
Almonds,	$\frac{1}{4}$ cup

Blanch the almonds and heat them in the oven until a delicate brown. Put the candied apricots and the almonds through the food chopper and knead well together. If the apricots are dry, add a little orange juice to moisten the mixture.

Wash the prunes, steam them for about five minutes, and remove the seeds. Stuff with the apricot mixture. Do not roll in sugar because it detracts from the black, shiny appearance and does not improve the flavor.

Yield: number of prunes — fifteen; weight — eight ounces.

#### STUFFED PRUNES II

Prunes,	16
Citron,	1 tablespoon
Nut meats,	$\frac{1}{4}$ cup
Raisins, seedless or seeded,	$\frac{1}{4}$ cup

Wash prunes and steam for five minutes. Remove seeds. Pick over raisins and remove stems.

Put citron, nuts, and raisins through the food chopper. Knead. Add fruit juice if the mixture is dry.

Stuff prunes.

Yield: number of prunes — sixteen; weight — seven ounces.

#### STUFFED DATES I

Dates, 30

Figs, 4

Nut meats,  $\frac{1}{4}$  cup

Prunes, 6

Cinnamon,  $\frac{1}{2}$  teaspoon

Cloves,  $\frac{1}{4}$  teaspoon

Wash prunes and figs and steam for five minutes. Remove seeds from the prunes.

Put figs, nuts, and prunes through meat chopper; add spices and mix thoroughly. If the mixture is too dry, add lemon or orange juice. Wash and seed dates and fill with fruit mixture. Roll in granulated sugar.

Yield: number of dates — thirty; weight — ten ounces.

#### STUFFED DATES II

Dates, 30

Orange peel, chopped, 2 tablespoons

Cocoanut,  $\frac{1}{4}$  cup

Dates, 9 (put through food chopper)

Scrape white inner skin from orange peel. Wash and dry dates and remove seeds.

Put cocoanut, nine dates, and orange peel through the food chopper. Orange juice may be added if the mixture is dry.

Fill the thirty dates with the fruit mixture and roll them in granulated sugar.

Yield: number of dates — thirty; weight — nine and three-fourths ounces.

### VARIOUS STUFFED FRUITS

**Stuffed Cherries.** — Candied cherries may be stuffed with nuts, fondant, almond paste, or fruit mixtures.

Open the cherry by making two cuts, with a sharp knife, cutting halfway through the cherry, so that four points are formed. When the cherry is stuffed these points will come up around the stuffing like petals.

A whole blanched almond can be inserted in the cherry, making an acorn-shaped confection. The cherry may be rolled in tiny colored candies, which will adhere to the cherry, but not to the nut.

Fondant, mixed with nuts, or nuts and candied apricots, may be used as stuffing. Butter fondant is especially good.

The fruit mixture used in stuffed prunes I (page 146), is tart enough to blend well with the cherry flavor.

Almond paste, mixed with fondant in the proportion of two measures of paste to one of fondant, may be used for the cherry stuffing. Suggestions for decorations are given in Chapter XVIII, Decorative Sweets for the Candy Box.

**Stuffed Figs.** — Wash the figs and steam them, according to the general directions given under stuffed prunes (page 145). Cut in half. Open with a sharp knife, and stuff. A whole fig is too large when stuffed.

The fruit confection mixture (page 150) is a good type to put into the centers of the figs, but variations can be made according to the fruits and nuts available.

**Stuffed Raisins.** — Seeded raisins should be picked over and steamed for about three minutes. The steaming should be done only long enough to soften them and make them plump. The time will depend upon the dryness of the fruit. (For directions for steaming, see stuffed prunes, page 145.)

Open the raisins with a sharp pointed knife, making a lengthwise slit. Stuff with pieces of nut, ground fruit (such as the mixture for stuffed prunes I, page 146), fondant, or almond paste. The fondant or almond paste may be colored delicate pink or green to contrast with the dark color of the raisins.

Raisins with colored stuffings may be coated with glacé and used effectively as decorations for dishes of bonbons.

A small cluster from a bunch of raisins may be stuffed. Steam; remove the seeds carefully so that the raisins will not be loosened from the stems; stuff the raisins with bits of fondant or almond paste of different shades.

## FRUIT CONFECTIONS

Prunes, uncooked,  $\frac{1}{2}$  cup

Figs,  $\frac{1}{4}$  cup

Raisins,  $\frac{1}{2}$  cup

Dates,  $\frac{1}{2}$  cup

Nut meats,  $\frac{1}{4}$  cup

Salt,  $\frac{1}{4}$  teaspoon

Ground cloves,  $\frac{1}{4}$  teaspoon

Wash figs and prunes and steam for five minutes. Remove seeds from raisins, dates, and prunes. Put fruit and nuts through food chopper. Add salt and cloves and mix well together. Fruit juices can be added if the mixture seems dry.

Roll out in a sheet one-fourth of an inch thick. Cut into squares or diamonds or into fancy shapes with cutters. Sprinkle with confectioners' sugar. Shake to remove superfluous sugar. Other spices, as ginger and cinnamon, may be used in combination with the cloves.

Yield: number of pieces — sixty; weight — two-thirds of a pound.

## APRICOT CANDY

Dried apricots,  $\frac{3}{4}$  cup

Lemon juice, 1 tablespoon

Desiccated cocoanut,  $\frac{3}{4}$  cup

Nut meats, chopped,  $\frac{1}{2}$  cup

Grated orange rind,  $\frac{1}{2}$  teaspoon

Grated lemon rind,  $\frac{1}{2}$  teaspoon

Wash apricots and steam for about five minutes. Put nuts, cocoanut, and apricots through food chopper. Add lemon juice and rind, and orange rind, and knead until well blended. If mixture is very dry add orange juice to moisten it. Roll out in a sheet one-fourth of an inch thick. Cut into small squares or diamonds or into fancy shapes with cutters.

Yield: number of pieces — sixty; weight — nine ounces.

### SPICED RAISINS

#### LARGE RECIPE

Raisins, 1 cup  
 Sugar, 1½ cups  
 Water, 1 cup  
 Cinnamon, 1 teaspoon  
 Nutmeg, ¼ teaspoon  
 Cloves, ground, ½ tea-  
 spoon  
 Ginger, ½ teaspoon  
 Sugar for rolling the raisins

#### SMALL RECIPE

Raisins, ½ cup  
 Sugar, ¾ cup  
 Water, ¾ cup  
 Cinnamon, ½ teaspoon  
 Nutmeg, ⅛ teaspoon  
 Cloves, ground, ¼ tea-  
 spoon  
 Ginger, ¼ teaspoon  
 Sugar for rolling the raisins

Seeded or unseeded raisins may be used. Pick them over carefully, removing stems.

Put the sugar, water, and spices into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 238° F. is reached. Add raisins and cook slowly for about seven minutes, stirring only enough to separate the raisins and keep the syrup from scorching.

Remove from the fire. Set into a pan of hot water. Take a few raisins at a time from the syrup, drain, and drop into granulated sugar. Separate at once and roll each raisin until well covered with sugar.

The attractiveness of the fruit depends upon having the raisins well drained and keeping each raisin separated from the others.

Should the mixture of raisins and syrup become sugary before all are dipped out, add about one-fourth of a cup of water and recook. In recooking heat slowly at first, until all the sugar is dissolved; then cook for about five minutes until the syrup is thickened.

#### CANDIED ORANGE PEEL

Peel of 4 medium-sized oranges

Sugar, 2 cups

Water in which orange peel has been cooked, 1 cup.

With the point of a sharp knife, cut through the peel of the orange so that it can be removed in quarters. Cover with cold water, bring to the boiling point, and cook slowly until soft.

Drain, saving the water for making the syrup. Scrape out the white inner portion of the peel with a teaspoon. With the scissors, cut the yellow skin into thin strips.

To the sugar add one cup of the water in which the orange peel was cooked. Should there be less than a cup of this liquid, add water to make up the measure. Boil to the temperature 238° F. (soft ball in cold water).



Add the orange peel and cook slowly for ten minutes or longer until most of the water has evaporated. Drain in a coarse sieve. Drop the orange peel, a few pieces at a time, in a pan containing a layer of granulated sugar. Separate the pieces with forks. Roll until each piece is completely covered with sugar. Shake off any excess sugar.

**Candied Grapefruit or Lemon Peel.** — Candied grapefruit peel can be prepared in the same way as the orange peel. Because of the size of the grapefruit, its peel should be removed in six sections instead of four.

It is better to use fresh water for the syrup, as the grapefruit peel gives the water in which it has been cooked a bitter flavor.

In cooking the syrup for the lemon peel, use fresh water and add six or seven whole cloves.

#### GLACÉ FOR FRUITS

Sugar, 1 cup

Light corn syrup,  $\frac{1}{3}$  cup

Water,  $\frac{1}{2}$  cup

Put the sugar, water, and corn syrup into a saucepan and cook, stirring until the sugar is dissolved. Continue the cooking, without stirring, until the temperature 300° F. is reached. If sugar crystals form on the sides of the pan they must be washed away with a wet cloth. The cooking should be done in a small saucepan, and over a low flame during the latter part, so that the syrup will not discolor. The proper color for a glacé is a delicate straw shade.

When the syrup is done, remove from the fire and set the saucepan into boiling water to prevent the syrup from hardening. Dip the pieces of fruit, one at a time, into the syrup; remove them and place on a greased, flat surface.

On account of the juice in the fruit, the glacé softens quickly and must be made the day it is to be used.

In dipping, do not stick a fork or skewer into the fruit, because this will cause the juice to flow.

Tangerines should be peeled and separated into sections, and care taken not to break the membrane enclosing each section. Remove all the strings of white inner skin, lay the sections one at a time on a fork, and dip quickly into the glacé.

Small pieces of preserved pineapple or candied cherries or apricots can be coated with the glacé.

Strawberries should be held by the stem when being dipped into the glacé.

Cut white grapes from the bunch, leaving a short piece of stem. Hold by this stem when dipping into the glacé.

#### APPLE ON A STICK

Sugar, 2 cups  
Light corn syrup,  $\frac{1}{2}$  cup  
Water,  $\frac{3}{4}$  cup  
Red coloring, few drops  
Red apples, 12  
Skewers, 12  
Flavoring oil, few drops

The wooden skewers can be purchased from the butcher. Wash the apples thoroughly and dry them. Insert the skewer in the blossom end.

Put the sugar, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 300° F. is reached. During the cooking any sugar crystals thrown on the sides of the pan should be washed away with a wet cloth. The latter part of the cooking should be done slowly so that the syrup will not darken.

Remove the syrup from the fire and set the saucepan at once into boiling water so that it will not cool and thicken. It is convenient to use a small double boiler for this, the upper part for cooking the syrup and the lower part filled with boiling water to keep the syrup hot. The utensil for cooking should be of a shape to allow the syrup to be deep enough to cover the whole apple.

Add coloring and stir enough to mix well. The syrup should be a bright red. Oil of peppermint, clove, or cinnamon may be added for flavoring.

Holding the apple by the skewer, plunge it into the hot syrup. Draw it out quickly and twirl it until the syrup runs down to the stick and spreads smoothly over the apple. Stand the skewer in a small rack or vase so that the apple does not touch anything while hardening. A rack can be improvised with a cake cooler, or a piece of wire fencing.

These apples should be made the day they are to be

used because the moisture from the apple will soften the candy and make it sticky.

The dipping must be done rapidly or the syrup will become too stiff for coating.

Cold water test when the candy reaches 300° F.: very brittle.

Yield: twelve apples.

### SALTED RAISINS

#### LARGE RECIPE

Raisins, 2 cups  
Salad oil, 1 cup  
Salt

#### SMALL RECIPE

Raisins, 1 cup  
Salad oil,  $\frac{3}{4}$  cup  
Salt

Either seeded or seedless raisins can be used. Large raisins look more attractive when served. Clean the raisins and remove stems and bits of seed.

Heat the oil until smoke just begins to appear at the surface (370° F.). Drop in the raisins a few at a time, and cook slowly until they are plump. Remove from oil and drain on unglazed paper. Transfer to a clean paper and sprinkle with salt. Shake to remove superfluous salt.

These are appropriate for afternoon tea, as well as for use as an after-dinner confection.

**Devilled Raisins.** — These are prepared as the salted raisins, with a shake of cayenne mixed with the salt and sprinkled over the cooked raisins. Be careful not to add too much cayenne or the raisins will be too hot.

## CHAPTER XVI

### Chocolate Dipping

**General Directions.** — Chocolate dipping is difficult. In the candy business it is considered a trade and girls work from two to three years before they become expert dippers. Small wonder then that the home-made chocolate creams which appear at candy sales or bazaars look so different from the commercial products!

Caramels, nougat, fudge, kisses — countless home-made candies such as these — even on the first trial, can successfully compete with those of the confectioner. But homemade chocolates must be tried many times before even passable results are acquired, and if you are not willing to spend this time gaining skill, it is better to make the other kinds of candy and buy your chocolates.

There are difficulties besides lack of technique. It is often hard to secure the right kind of coating-chocolate. This is specially prepared and is quite a different thing from the chocolate used for cooking. Usually it must be purchased from a confectioner and often he will not sell less than a ten-pound cake.

There are many grades and brands of coating-chocolate. In buying, select a good quality. If you do much chocolate dipping, you should have both sweetened and



SOME SUGGESTIONS FOR CHOCOLATE COATINGS

unsweetened chocolate on hand, — the former for nuts and fruits, and the latter for sweet centers.

The equipment for chocolate dipping is relatively simple. A small double boiler, a fork or chocolate dipper, and boards or trays are the essential things. The chocolates should be dropped on the covered boards or trays so that they can be removed from the dipping table as soon as they are coated. The covering may be heavy waxed paper, but if you are doing much dipping it will pay you to have boards over which table oilcloth has been stretched and fastened in place. The oilcloth gives the under side of the chocolate the smooth, soft gloss which is desirable.

Do not try to work with less than a pound of chocolate at one time. Two pounds are even better. With a large amount of chocolate it is easier to keep the temperature even. There need be no waste because chocolate which is left over can be remelted and used another time.

Break the chocolate into pieces sufficiently small to melt readily. Put them into the upper part of a double boiler and place over hot water — not above 120° F. Do not have a fire under the water, as you are apt to overheat the chocolate and this is fatal to good dipping. Stir the chocolate constantly while it is melting, so that the chocolate in the bottom of the container, next to the hot water, will not become too hot. Its temperature must *never* go above 110° F.

If you are experienced it is better to dip with a large amount of the melted coating at one time, as it will

remain at the desired temperature longer. But if you are inexperienced, you may find it better to take about a cup of the coating from the double boiler, work it until ready for use, dip as many chocolates as possible, and then add fresh chocolate from the double boiler. A small enamel bowl with sloping sides is the most convenient utensil for holding the chocolate while working and dipping.

When the melted coating is taken from the hot water it should be worked constantly until it reaches the proper thickness for coating. Dipping experts always use the hand for this "working." In this way the tiniest lumps can be smoothed out, and after you become experienced you can tell by feeling the chocolate when the time for dipping has come.

Dipping must be done at just the right moment, and quickly. If done before the chocolate has cooled enough, the chocolate will run from the dipped center, forming a wide base. If the chocolate is too thick the centers will not be smoothly coated. If the chocolate has not been sufficiently worked, or is too soft, it will streak.

The tests for the right consistency are — temperature (85° F.), and dipping a trial center. When placed on the board this coated center should be perfectly smooth, except for the little marking at the top, and should not have a projecting base. It should harden quickly.

Never add water to dipping chocolate. If it becomes too thick it must be carefully remelted. Water will make it stiff and cause it to lose its gloss.



The temperature of the room for dipping is quite as important as the temperature for the chocolate. Dipping cannot be done in a warm room. The temperature should never go above 65° F., and 60° F. is even better. In candy factories the temperature of the chocolate room is regulated by brine pipes and the humidity is controlled. When dipping at home, do not have steam in the room.

The finished chocolates should be cooled quickly or light spots will appear when they are dry. If the room is not cold carry the trays of chocolates directly to the refrigerator and leave them there until the coating hardens.

A good arrangement of the dipping table is to have the centers to be coated ready on a tray at the left of the chocolate bowl, and the covered board for the dipped chocolates at the right. The actual dipping can be done with the hands or with a fork. Drop the center into the chocolate, upside down. Press down until completely covered. Lift from the bowl, still inverted, scraping excess chocolate from the fork on the side of the bowl. Drop the dipped center on the board right side up. As the candy leaves the fork, or fingers, there will be a little string of chocolate, which by a simple twist becomes the professional-looking mark on the top.

**Centers for Chocolates.** — Nuts are easier to dip than cream centers, hence it is wise for beginners to use them in practicing. Since they are small, it is easier to dip them with a fork than with the hand. Always crisp the nuts in the oven before coating them.

Fondant for centers should be shaped in a long roll with the hands. The board for rolling may be sprinkled very lightly with flour or cornstarch. To make the centers uniform in size, cut the roll into four pieces of equal length. Lay these side by side; with a large knife cut the four at once, making from each the same number of pieces, of the same size.

Do not make your centers too large. They will look much larger after they are dipped, and except for nougat, marshmallows, or special centers, large candies are undesirable.

Be sure to cover each center completely with the chocolate so that not the tiniest place is exposed. If the coating is thin or broken, there will be a "leak." The cream center will ooze out, forming a sticky spot, and spoil the looks and keeping qualities of the candy.

Dipping is easier if the centers are the shape of the old-fashioned chocolate creams — rounding peaks. These can be made by rolling the pieces of fondant into balls, and then shaping them.

For home work, centers should be dipped soon after shaping. The centers become softer after being coated, but if they have become too dry while standing they will never be of the desired creamy consistency. The fondant can be made some time before it is needed and kept in a covered jar until shaping is to be done.

The softest, creamiest centers are those made from oriental creams. These are an exception to the general rule, in that they should be made the same day they

are to be dipped. If allowed to stand they become too soft for shaping.

**Suggestions for Centers.**—Centers can be made from almost any candy or nuts. Fondant may be colored and flavored to suit the fancy, for soft centers. Hard centers may be made from caramels, nougat, molasses chips, butterscotch, nuts, or preserved fruits, singly or in combinations.

## CHAPTER XVII

### Pop Corn

**General Directions for Popping Corn.** — Corn can be popped either in a wire popper or in an iron frying pan. When using the popper, do not put in too much unpopped corn at one time, because the popper will become so full that the last of the batch will not have room to pop. It is better to pop over a lid or a low flame so that the pop corn will not be scorched. Shake the popper constantly during the cooking.

Many persons prefer to use an iron frying pan, believing that the popped corn has a better flavor and is less dry. Melt one tablespoon of lard and one of butter in a large frying pan. To this add one-half cup of pop corn, cover, and shake the frying pan over the fire until the corn is popped. Bacon fat can be substituted for the lard, if the flavor is desired.

If the corn does not pop well it can be covered with water for about three minutes, drained, and dried on clean tea towels. This additional moisture often causes the corn to pop.

After corn is popped it can be salted, or salted and buttered. Melt the butter and pour it over the corn, stirring the corn as you pour. The amount of butter to be used depends upon personal taste.

One cup of pop corn will yield about five cups after it is popped.

**Pop Corn Balls.** — Use only the large, well-popped kernels for balls. Sort out and reject the hard pieces of corn which have not completely popped. Some of these can be chopped and used for cornlets or pop corn crisp.

A small amount of salt put on the popped corn will add to the flavor of the balls, but less should be used than when the popped corn is to be served buttered.

Put the popped corn into a large bowl so that there will be plenty of room to stir the corn while the syrup is being added. After the syrup has been poured over the corn, it will be necessary to shape the balls quickly. When working with large quantities, pour the hot syrup over only a portion of the popped corn at a time and form balls from this. Set the pan containing the remainder of the syrup in a pan of hot water until ready to use. In this way the syrup will not have a chance to cool and harden before the balls can be shaped.

In forming pop corn balls use as little pressure as possible so that the kernels will not be crushed and so that the balls will be less compact.

### MOLASSES POP CORN BALLS

#### LARGE RECIPE

Light molasses, 1 cup  
 Dark corn syrup, 1 cup  
 Vinegar, 1 tablespoon  
 Butter, 3 tablespoons  
 Popped corn, 3 quarts  
 Salt,  $\frac{1}{2}$  teaspoon

#### SMALL RECIPE

Light molasses,  $\frac{1}{2}$  cup  
 Dark corn syrup,  $\frac{1}{2}$  cup  
 Vinegar,  $\frac{1}{2}$  tablespoon  
 Butter,  $1\frac{1}{2}$  tablespoons  
 Popped corn, 6 cups  
 Salt,  $\frac{1}{4}$  teaspoon

Mix molasses, syrup, and vinegar in a saucepan and cook, stirring occasionally to prevent burning, until the temperature 270° F. is reached. (After 240° F. is reached, constant stirring will be necessary.) When done add butter and stir only enough to mix. Slowly pour the cooked syrup over the salted popped corn and mix well.

Form into balls with the hands, using as little pressure as possible.

Two drops of oil of lemon may be added to the syrup just before it is poured over the balls.

Cold water test when syrup reaches 270° F.: slightly brittle.

Yield (large recipe): number of balls — twenty (two and one-half inches in diameter).

### SOFT POP CORN BALLS

#### LARGE RECIPE

Granulated sugar, 1 cup  
 Brown sugar, 1 cup  
 Light corn syrup,  
 1/3 cup  
 Water, 1/2 cup  
 Butter, 1 tablespoon  
 Popped corn, 3 quarts  
 Salt, 1 teaspoon

#### SMALL RECIPE

Granulated sugar, 1/2 cup  
 Brown sugar, 1/2 cup  
 Light corn syrup, 2 table-  
 spoons  
 Water, 1/3 cup  
 Butter, 1/2 tablespoon  
 Popped corn, 1 1/2 quarts  
 Salt, 1/2 teaspoon

Put the granulated sugar, brown sugar, syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until

the temperature 240° F. is reached. Add the butter and stir only enough to mix it through the candy.

Have the popped corn in a large bowl so that when the syrup is added there will be room enough for thorough mixing. Pour the cooked syrup slowly over the salted popped corn. Mix well. Form into balls with the hands, using as little pressure as possible.

These balls are rather soft. If firmer balls are desired, cook the syrup to 242° F.

Cold water test when syrup reaches 240° F.: soft ball.

Yield (large recipe): number of balls — twenty (two and one-half inches in diameter).

### PINK POP CORN BALLS

#### LARGE RECIPE

Sugar, 2 cups  
 Light corn syrup, 2 table-  
 spoons  
 Water, 1¼ cups  
 Pink coloring, few drops  
 Vanilla, 1 teaspoon  
 Popped corn, 3 quarts  
 Salt, 1 teaspoon

#### SMALL RECIPE

Sugar, 1 cup  
 Light corn syrup, 1 table-  
 spoon  
 Water, ¾ cup  
 Pink coloring, few drops  
 Vanilla, ½ teaspoon  
 Popped corn, 1½ quarts  
 Salt, ½ teaspoon

Put the sugar, corn syrup, and water into a saucepan and cook, stirring until the sugar is dissolved. Continue cooking, without stirring, until the temperature 290° F. is reached. Add the vanilla and the coloring paste which has been dissolved in as little water as

possible. Stir only enough to mix the coloring evenly.

Have the popped corn in a large bowl and sprinkle with the salt. Pour the cooked syrup slowly over the salted popped corn, stirring well.

Form into balls with the hands, using little pressure.

Cold water test when syrup reaches 290° F.: brittle.

Yield (large recipe): number of balls — twenty (two and one-half inches in diameter).

### HONEY POP CORN BALLS

#### LARGE RECIPE

Strained honey,  $\frac{3}{4}$  cup  
 Light corn syrup,  $1\frac{1}{4}$  cups  
 Butter, 1 tablespoon  
 Vinegar,  $\frac{1}{2}$  tablespoon  
 Popped corn, 3 quarts  
 Salt, 1 teaspoon

#### SMALL RECIPE

Strained honey,  $\frac{1}{2}$  cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Butter,  $\frac{1}{2}$  tablespoon  
 Vinegar, 1 teaspoon  
 Popped corn,  $1\frac{1}{2}$  quarts  
 Salt,  $\frac{1}{2}$  teaspoon

Cook together in a saucepan the honey, syrup, and vinegar until the temperature 275° F. is reached, stirring occasionally to prevent burning. During the latter part of the cooking almost constant stirring will be necessary. When done, add butter and stir only enough to mix.

Pour the cooked syrup slowly over the salted popped corn and mix well. Form into balls with the hands.

Cold water test when candy reaches 275° F.: slightly brittle.

Yield (large recipe): number of balls — fifteen (three inches in diameter).



## MAPLE POP CORN BALLS

## LARGE RECIPE

Maple sugar,  $\frac{1}{2}$  cup  
 Light corn syrup, 1 cup  
 Butter, 1 tablespoon  
 Popped corn,  $2\frac{1}{2}$  quarts  
 Salt, 1 teaspoon

## SMALL RECIPE

Maple sugar,  $\frac{1}{4}$  cup  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Butter,  $\frac{1}{2}$  tablespoon  
 Popped corn, 5 cups  
 Salt,  $\frac{1}{2}$  teaspoon

Cook together the maple sugar and corn syrup, stirring constantly until the sugar is dissolved. Continue cooking, stirring occasionally, until the temperature  $275^{\circ}$  F. is reached. Remove from fire, add butter, and stir only enough to mix. Pour the cooked syrup slowly over the salted popped corn; mix well.

Form into balls with the hands, using as little pressure as possible.

Cold water test when syrup reaches  $275^{\circ}$  F.: hard, almost brittle.

Yield (large recipe): number of balls — ten (two inches in diameter).

## CRACKER JACK

## LARGE RECIPE

Popped corn, 5 cups  
 Peanuts, shelled, 2 cups  
 Molasses,  $\frac{1}{2}$  cup  
 Brown sugar, 1 cup  
 Vinegar,  $\frac{1}{2}$  tablespoon  
 Butter,  $\frac{1}{2}$  tablespoon  
 Salt,  $\frac{1}{2}$  teaspoon

## SMALL RECIPE

Popped corn,  $2\frac{1}{2}$  cups  
 Peanuts, shelled, 1 cup  
 Molasses,  $\frac{1}{4}$  cup  
 Brown sugar,  $\frac{1}{2}$  cup  
 Vinegar, 1 teaspoon  
 Butter, 1 teaspoon  
 Salt,  $\frac{1}{4}$  teaspoon

Select large, well-popped grains of corn. Brown the peanuts in the oven.

Cook together the molasses, sugar, and vinegar, stirring enough to prevent burning. Boil until the temperature  $275^{\circ}$  F. is reached. Add butter and peanuts to syrup and stir only enough to mix. Pour the hot syrup and peanuts over the salted popped corn, stirring during the addition. Mold into cakes by pressing the mixture into greased pans, four by six inches in size. Use as little pressure as possible so as to prevent breaking the corn.

Cold water test when candy reaches  $275^{\circ}$  F.: hard, almost brittle.

Yield (large recipe): number of cakes — eight.

### POP CORN CRISP

#### LARGE RECIPE

Granulated sugar,  $1\frac{1}{2}$   
cups  
Brown sugar,  $1\frac{1}{2}$  cups  
Dark corn syrup,  $\frac{1}{2}$  cup  
Water,  $\frac{1}{2}$  cup  
Butter, 2 tablespoons  
Salt,  $\frac{1}{2}$  teaspoon  
Popped corn, chopped,  $1\frac{1}{2}$   
cups

#### SMALL RECIPE

Granulated sugar,  $\frac{3}{4}$   
cup  
Brown sugar,  $\frac{3}{4}$  cup  
Dark corn syrup,  $\frac{1}{4}$  cup  
Water,  $\frac{1}{4}$  cup  
Butter, 1 tablespoon  
Salt,  $\frac{1}{4}$  teaspoon  
Popped corn, chopped,  $\frac{3}{4}$   
cup

Put the sugars, water, and corn syrup into a saucepan and cook, stirring until the sugars are dissolved. Con-

tinue cooking, without stirring, until the candy reaches the temperature 300° F.

Remove from fire, add the butter and the chopped, salted popped corn. Stir only enough to mix well. Too much stirring will cause the brittle to sugar. Turn quickly on a greased slab or on greased inverted pans or baking sheets. Do not scrape the saucepan, as this may cause the brittle to sugar.

Have enough pans to give space for the brittle to be poured out in very thin sheets.

Smooth out with a spatula. After about one-half minute take hold of the edges of the candy and lifting it slightly from the slab, pull it as thin as possible. If the candy is in a large sheet it may be necessary to cut off the thin pieces at the edges in order to pull the center.

Break into irregular pieces.

Cold water test when candy reaches 300° F.: brittle.

Yield (large recipe): weight — one and one-half pounds.

**Amber Pop Corn.** — Follow the directions for pop corn crisp, using unchopped, popped corn.

Turn the cooked candy out on a greased slab or on greased inverted pans or baking sheets.

Pull the brittle into small pieces, having about five grains of popped corn stuck together to form each piece. Each grain should be well covered with this coating and there should not be spaces of clear candy between the grains of popped corn.

## "JOHNNY CAKE"

## LARGE RECIPE

Popped corn, chopped before measuring,  $1\frac{1}{2}$  cups  
 Shelled peanuts,  $\frac{1}{2}$  cup  
 Brown sugar,  $1\frac{1}{2}$  cups  
 Light corn syrup,  $\frac{1}{2}$  cup  
 Water,  $\frac{3}{4}$  cup  
 Molasses, 2 tablespoons  
 Butter, 2 tablespoons  
 Soda,  $\frac{1}{4}$  teaspoon  
 Salt,  $\frac{1}{2}$  teaspoon

## SMALL RECIPE

Popped corn, chopped before measuring,  $\frac{3}{4}$  cup  
 Shelled peanuts,  $\frac{1}{4}$  cup  
 Brown sugar,  $\frac{3}{4}$  cup  
 Light corn syrup,  $\frac{1}{4}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Molasses, 1 tablespoon  
 Butter, 1 tablespoon  
 Soda,  $\frac{1}{8}$  teaspoon  
 Salt,  $\frac{1}{4}$  teaspoon

Brown the peanuts in the oven and break them into pieces. Chop the popped corn in a chopping bowl. It should be quite coarse.

Put the sugar, corn syrup, and water into a saucepan and cook, stirring, until the sugar is dissolved. Continue cooking, until the temperature  $270^{\circ}$  F. is reached. Add the molasses and butter and cook, stirring constantly to prevent scorching, to  $275^{\circ}$  F.

Remove from fire, add soda (free from lumps), and stir until it ceases to bubble. Add chopped, popped corn and nuts, mixed with the salt, and stir until well mixed. If using the large recipe have the corn warm. Turn into small, greased patty tins, making cakes one-fourth of an inch thick. On top of each little cake place a half peanut. When cold remove from the pans.

It is necessary to work rapidly when turning the mixture into the pans, as it hardens very quickly. If it begins to become hard it is better to set the saucepan of candy into a pan of hot water while dipping out the cakes.

Cold water test when the candy reaches 270° F.: hard, almost brittle.

Yield (large recipe): number of cakes — thirty-two (one and one-fourth inches in diameter and one-fourth of an inch thick).

### SUGARED POP CORN

#### LARGE RECIPE

Sugar, 1 cup  
 Water,  $\frac{3}{4}$  cup  
 Coloring, pink  
 Confectioners' sugar,  
 3 tablespoons  
 Popped corn,  $2\frac{1}{2}$  quarts

#### SMALL RECIPE

Sugar,  $\frac{1}{2}$  cup  
 Water,  $\frac{1}{2}$  cup  
 Coloring, pink  
 Confectioners' sugar,  
 $1\frac{1}{2}$  tablespoons  
 Popped corn, 5 cups

Cook together the sugar and the water until the temperature 238° F. is reached, stirring only until the sugar is dissolved.

Remove from fire and add pink coloring paste which has been dissolved in a teaspoon of water. Stir enough to mix the coloring through the syrup.

Have the popped corn in a large bowl so that when the syrup is added there will be room enough for thorough mixing. Pour the syrup slowly over the popped corn, which has previously been slightly salted.

Stir the corn during this addition so that each grain may be completely coated with the syrup. Sprinkle the corn with the confectioners' sugar, continuing the stirring, until the syrup sugars. Turn the corn out on a greased slab or on waxed paper and separate the grains.

Cold water test when syrup reaches 238° F.: soft ball.

Yield (large recipe): two and one-half quarts.

### CHOCOLATE POP CORN

#### LARGE RECIPE

Sugar, 1½ cups  
 Light corn syrup, ½ cup  
 Water, ¾ cup  
 Butter, 3 tablespoons  
 Chocolate, 3 squares  
 (3 ounces)  
 Popped corn, 3 quarts

#### SMALL RECIPE

Sugar, ¾ cup  
 Light corn syrup, ¼ cup  
 Water, ½ cup  
 Butter, 1½ tablespoons  
 Chocolate, 1½ squares  
 (1½ ounces)  
 Popped corn, 1½ quarts

Cook together the sugar, corn syrup, and water, stirring until the sugar is dissolved. While the syrup is cooking melt the chocolate over hot water. When the syrup reaches 270° F. remove from the fire, add the butter and the melted chocolate, and stir until thoroughly mixed.

Pour in a thin stream over the popped corn which has been slightly salted. Stir the corn during the addition of the chocolate syrup so that each grain may be completely coated.

This may be made into balls while the syrup is still hot, or it may be turned out on a greased slab or on waxed paper, and the grains separated.

Cold water test when syrup reaches 270° F.: hard, almost brittle.

Yield (large recipe): three quarts.

### MAPLE SUGAR POP CORN

#### LARGE RECIPE

Maple sugar, 1½ cups  
 Water, 1 cup  
 Popped corn, 2½ quarts  
 Confectioners' sugar,  
 3 tablespoons

#### SMALL RECIPE

Maple sugar, ¾ cup  
 Water, ¾ cup  
 Popped corn, 1¼ quarts  
 Confectioners' sugar,  
 1½ tablespoons

Add the water to the maple sugar and cook, stirring only until the sugar is dissolved. Continue cooking until the temperature 238° F. is reached. Remove from fire and pour the syrup slowly over the popped corn, which has previously been slightly salted. Stir the corn during this addition so that each grain will be completely coated with the syrup. Sprinkle the corn with the confectioners' sugar, continuing the stirring until the syrup sugars.

Turn the corn out on a greased slab or on waxed paper and separate the grains.

Cold water test when syrup reaches 238° F.: soft ball.

Yield (large recipe): two and one-half quarts.

## POP CORN LACE

## LARGE RECIPE

Butter, 2 tablespoons  
 Sugar, 1 cup  
 Popped corn, chopped,  
 2 cups  
 Baking powder,  $\frac{1}{4}$  tea-  
 spoon  
 Salt,  $\frac{1}{2}$  teaspoon  
 Eggs, 2

## SMALL RECIPE

Butter, 1 tablespoon  
 Sugar,  $\frac{1}{2}$  cup  
 Popped corn, chopped,  
 1 cup  
 Baking powder,  $\frac{1}{8}$  tea-  
 spoon  
 Salt,  $\frac{1}{4}$  teaspoon  
 Egg, 1

Cream the butter. Add the sugar, well mixed with the baking powder and salt. Cream together. Add beaten egg and mix thoroughly. Add chopped, popped corn and stir well.

Drop by teaspoonfuls on greased baking sheet or inverted pan. As these cookies will spread in baking only a level teaspoonful should be allowed for each cookie and they should not be placed too close together. Flatten with a spatula before placing in the oven.

Bake in a moderate oven ( $350^{\circ}$  F.), for about ten minutes. When done the cookies should be delicately brown and very thin and lace-like. Remove from baking sheet while still warm, because these cookies become very brittle when cold. If they become too crisp, the cookies may be returned to the oven to heat until they soften.

Yield (large recipe): fifty small cookies.



## CORNLETS

## LARGE RECIPE

Popped corn, chopped,  
4 cups

Egg whites, 2

Light corn syrup,  $\frac{1}{2}$  cup

Brown sugar,  $\frac{1}{2}$  cup

Flour,  $\frac{1}{2}$  cup

Almonds, blanched and  
chopped,  $\frac{1}{4}$  cup

## SMALL RECIPE

Popped corn, chopped,  
2 cups

Egg white, 1

Light corn syrup,  $\frac{1}{4}$  cup

Brown sugar,  $\frac{1}{4}$  cup

Flour,  $\frac{1}{4}$  cup

Almonds, blanched and  
chopped, 2 tablespoons

Beat the egg whites until stiff. Gradually fold in the sugar, syrup, flour, and chopped, popped corn.

Drop on a slightly buttered baking sheet or inverted pan, forming biscuits about one and three-fourths inches in diameter. Sprinkle the tops of the biscuits with chopped, blanched almonds.

Bake in a moderate oven (350° F.) for fifteen minutes.

Remove from baking sheet while still warm, because these cookies become very brittle when cold.

Yield (large recipe): thirty biscuits.

**Dusky Maidens.** — Make cornlets following directions given above. Do not sprinkle the tops of the cookies with almonds, as a smooth surface is desired. When the cookies have been removed from the pan and have become cool, draw faces on them with melted chocolate, using a tooth pick or a small brush.

A great deal of ingenuity can be exercised in the drawing of these faces, and the decorated cookies are appropriate for children's parties.



DECORATIVE SWEETS — HEARTS AND CRESCENTS, PETITES, AND FLOWERS FROM FRUIT AND MARZIPAN

## CHAPTER XVIII

### Decorative Sweets for the Candy Box

Every once in a while we want to pack a box of candy for a gift or a sale, or arrange a dish of assorted sweets for a party, and we long to have our work compare favorably with that of the confectioner. Usually our standard of quality is high but the homemade candies lack the professional touch which lends color and life to the box.

This touch can be given without unusual or expensive ingredients — just by using imagination, patience, and time. The box acquires distinction and charm by careful packing and by the addition of out-of-the-ordinary accessories, decorated or tinted candies, stuffed fruits with centers of contrasting colors, and brightly wrapped bonbons.

Most of these decorative sweets do not require new recipes — merely adaptations of those already given.

**Chocolate Accessories.** — Melt dipping chocolate and prepare it for use, according to directions given (page 159). Pour from the tip of a teaspoon, forming small drops. These should be dropped on the oil-cloth-covered boards used for chocolate dipping or on a slightly greased slab or inverted pan. The chocolate must be well worked for these drops, just as for dipping, or the candies will streak. It should be cool enough

to hold its shape when dropped. Before the drops harden sprinkle thickly with tiny silver or colored candies, which can be purchased from a confectioner.

Sweet dipping chocolate can be melted, worked, and poured into tiny molds of fancy shapes. Remove from molds when cold and put into the boxes to give a touch of dark color in a layer of light candies, or wrap in silver, gold, or colored tin foil to form a contrast with dark candies.

Chocolate acorns, especially those dipped in chopped pistachio nuts, give a touch of bright color. (Directions for making are given on page 140.) These and spiced raisins are useful as chink fillers, when boxes are to be packed tightly for shipping.

**Decorated Fondant Patties.** — Follow directions for making fondant patties (page 23). While these are still soft, press into them bits of candied fruit or bright candies forming designs. A flowering plant can be made with a raisin or cherry for its pot, a stem and leaves of angelica or pistachio nut, and flowers of tiny, colored candies.

A single flower can be made with shredded, blanched almonds for petals, a round yellow candy for a center, and a green stem of angelica. This is effective on a delicately tinted patty where the white of the almond shows to advantage.

For the children, funny faces can be drawn on the patties with a tooth pick dipped into melted chocolate.

A butterfly can be made with a body of a caraway comfit and wings cut from pieces of fruit.

Bright candies of contrasting colors, sprinkled on the patties with a careful carelessness, add to their effectiveness.

**Marzipan.** — The name marzipan is given to candies with a foundation of almond paste. These are usually tinted and shaped in the form of tiny fruits, flowers, or vegetables.

The almond paste can be bought from the confectioner and mixed with an equal amount of vanilla fondant. This makes it of a good consistency for molding and less concentrated in flavor.

Color some of the marzipan a delicate yellow. Mold it in the shape of a small pear, making the stem and the blossom end of cloves. With a brush, tint one side of the pear a soft pink.

In a similar manner various fruits and vegetables can be fashioned. Some of the simplest to make are carrots, bananas, peas in the pod, green string beans, and pumpkins.

With even a limited skill, flowers can be made. If small balls of marzipan are colored different shades, they can be effectively shaped and combined to form sweet peas, rose buds, or violets.

Two halves of pecans can be fastened together with a small piece of colored marzipan. These are much prettier when glacé covered.

**Decorated Stuffed Fruits.** — One of the most effective finishing touches for the candy box is decorated stuffed fruit. A dark prune with a light colored stuffing — tinted marzipan or butter fondant — upon



FRUITS ALL DRESSED UP AND GOING TO THE CANDY BOX

which is placed a wee marzipan rosebud or violet, will be the center of interest in a dish of bonbons. The decorations on the stuffing need not be so difficult as the marzipan flowers. Conventional designs may be worked out with candied cherries, bits of angelica or pistachio nuts, or bright, little candies. The prune may be made to look like a dark basket of flowers by putting a handle made from a strip of prune or cherry across the center of the stuffing, and making little flower designs at the ends. The simplest designs, with a touch of red candied cherry and green pistachio nuts on the fruit stuffing, are in many cases as attractive as the more elaborate ones.

Stuffed dates can be decorated in the same way as the prunes. Even the small raisin can have a stuffing of pink marzipan contrasting with its dark color and a small ball of silver candy or a caraway comfit stuck in the center.

Stuffed cherries, described on page 148, give a real splash of color.

**Decorated Cakes.** — Rich fruit cake can be cut into cubes of a size to correspond with that of the box to be filled, coated with fondant (page 30), and decorated. This is unusually nice for the center of a large box because it helps keep the candies in place.

These cakes can be decorated to suit the type of box and the season of the year. For Christmas the clear, hard candies, colored red and green, can be broken into tiny bits and sprinkled over the top or put on in a holly design. A little plant in a pot, similar to that suggested for the fondant patty, is effective.

The cake can be cut in pieces as small as a caramel or piece of nougat, dipped in softly tinted fondant, and sprinkled with tiny silver candies.

**Fruits and Nuts Coated with Glacé.** — Glacé adds greatly to the appearance of a box, but it is quickly softened by the moisture of other candies. It should never be put into a box for shipment with other candies and should not be included in any box which is to be kept for longer than a day.

Glacé gives variety and interest to dishes of bonbons and can be safely included, if the candy is to be served within a short time.

**Petites.** — Use the recipe for spiced hard candies (page 112). Color the cooked syrup bright red or green and add some distinctive flavor, as cinnamon, lime, or clove. Set the saucepan of candy in a pan of hot water and with a teaspoon drop very small portions of the candy on a greased slab, inverted pan, or platter. If dropped from the tip of the spoon these will form perfect rounds and should be made smaller than a dime. While still warm these can be sprinkled with tiny, bright-colored candies, caraway comfits, or chopped, blanched pistachio nuts.

**Hearts and Crescents.** — From the petite mixture any number of fancy shapes can be made, if you have assorted molds. Small pans in the shapes of hearts or crescents may be slightly greased and filled with the hot candy. This should be shaken out as soon as cold, because if it is allowed to harden it may break upon being removed from the molds.



## CHAPTER XIX

### The Candy Box

Have you ever analyzed an attractive box of candy and taken note of the many accessories which make it so tempting? There is the outer wrapping of glazed white paper, smoothly folded, the box itself, tied with ribbon and ornamented with a rosette, then the lacy border and dainty doilie, perhaps a layer of glistening gelatine paper giving an intriguing glimpse within, and lastly the candy itself.

Much effort goes into making the top layer attractive. The candies are arranged carefully and artistically and touches of color are given by bonbons, fruits, and bright pieces of tin foil. So that the box will look as well when you open it as when it leaves the confectioner, care is taken in packing. Sometimes the candies are kept separate by being placed in tiny fluted paper dishes; sometimes they are kept in place by gilt edged cardboard partitions.

It may not be possible to have all of these elaborate finishings for the home-packed box, but with a little forethought and a small expenditure of money and time, you can make your box look more attractive and professional than the average one packed at home.

It is generally easier to buy boxes of tin than those



AN ATTRACTIVE BOX OF HOMEMADE CANDY IS AN ACHIEVEMENT

of pasteboard. Small ones of different colors and shapes can often be found at the ten-cent stores and can be stenciled at home, if you have ability along this line. Colorful gifts can be made by covering pasteboard boxes with bright paper or figured wall paper. A coat of shellac will add to their looks and make them more durable. Plain white boxes tied with ribbons of pastel shades, or with bright colors for the holiday season are always good-looking.

The ribbon can be cut into two pieces of uneven length and each of these pasted on the inside of the cover on opposite sides of the box and diagonally across from each other, so that they can be brought over the top and tied in a bow or rosette. If the ribbon is arranged in this way the bow will not have to be untied every time the box is opened.

The box should be lined with waxed paper. This can be purchased in rolls or packages. It is inexpensive and is a real necessity for box packing. There should be a piece of waxed paper between the layers of candy and another to cover the top. More effective than the waxed paper for the top covering is the gelatine paper, because it is so clear and shining that it seems to add lustre to the candies and bring out their colors. However, it is sometimes hard to find and is difficult to keep on hand because it wrinkles easily, and when crushed cannot be pressed.

Lace paper doilies add much to the beauty of the box and, being inexpensive, they should be considered essential. If you cannot find a doilie which exactly

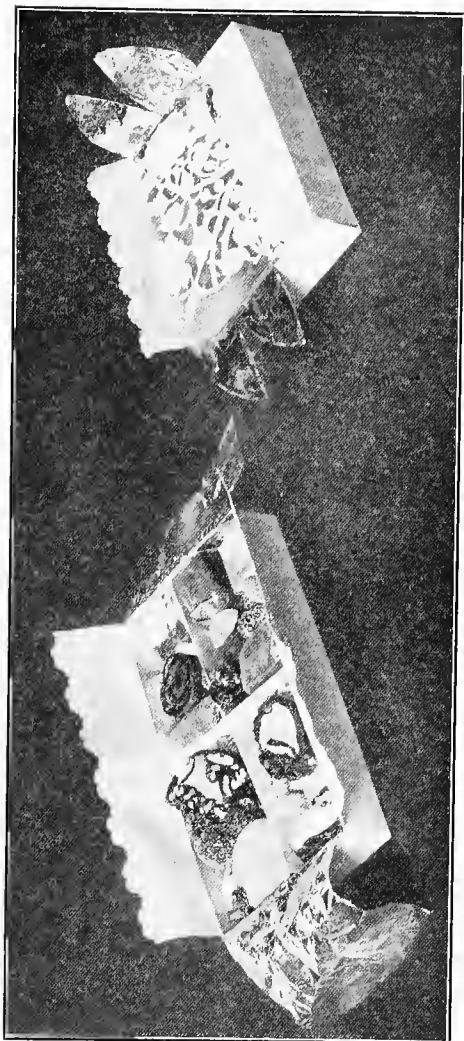
fits your box, a large square one can be cut the right size and shape.

The paper lace for inside the top of the box can be bought by the yard at the ten-cent store. Instead of these lace strips, gold or silver tin foil can be cut in scallops and put around the box, forming a truly gorgeous border. If this is done the strip of tin foil must be wide enough to extend into the bottom of the box so that it will stay in place. With a large round or oval box, a piece of waxed paper, folded so that it is as wide as the box is deep, can be placed around the inside of the box next to the tin foil. This keeps the tin foil from slipping and protects it from the candy.

Oftentimes cardboard partitions will make the artistic arrangement of candy easier. These should be cut the exact length or width of the box and the desired depth of the layer. Where two strips cross, if an incision is made in each one, they can be fitted together smoothly. For a large box four partitions may divide the top layer into nine compartments. But for a shallow box two partitions extending from corner to corner make four attractive triangular spaces.

In arranging the candy in a box, fill the bottom layer with the firmer and heavier candies, such as nougat and caramels, or large squares of fudge and slices of caramel nut rolls. These can be packed tightly together and are not crushed by the candies above.

The top layer should show your assortment of candies — at least one piece of each kind you have made.



EVEN THE SMALL BOX CAN BE GIVEN A PROFESSIONAL TOUCH

These should be arranged to fit into the layer firmly and show to advantage, with contrasting colors next to each other. To add atmosphere, bright or decorated candies should be interspersed, but unless the box is large do not put in too many fancy confections, as they detract from each other. Some interesting additions are stuffed, decorated prunes and dates, ornamented patties, brightly wrapped candies and bonbons, or nuts coated with delicately tinted fondant.

The rest of the layer can be made up of candies which might be crushed if placed in the bottom and the chinks can be filled with spiced raisins, chocolate acorns, or dipped nuts. (For suggestions for decorative sweets for the candy box, see Chapter XVIII.)

It is possible to pack a box which children will love and which will be welcomed not only by them but by their mothers. A small paper cup such as is used for salted nuts can be covered with gold or silver tin foil and filled with raisins. Pulled mints or small pieces of molasses candy can be wrapped and used for filling corners. Prunes, stuffed with the ground fruit mixture and decorated with bright bits of cherry, are both good-looking and healthful. But the crowning joy will be the animals and the lollypops. Animal crackers may be coated with chocolate or with fondant. Those fondant coated may be decorated with melted chocolate so that Mary's lamb will have a ribbon around its neck and the lion can have a tawny mane. The leopard can accumulate chocolate spots and a chocolate horse is almost dark enough to be called Black Beauty. The

lollypops can have the most extraordinary faces — pirates, clowns, and savages.

Fruits and nuts are sometimes a welcome change from candy. The box best suited for these is a shallow one, holding but one layer and divided by partitions. In the center a decorated fruit cake will give color and glamor. Spiced nuts and raisins can fill two compartments; salted pecans and almonds, two more. Candied grapefruit, orange, and lemon peel are tart enough to add zest, and stuffed figs, prunes, and raisins will give variety.

## CHAPTER XX

### Suggestions From Our Experience in Teaching Candy Making

In teaching candy making it is desirable to have each student make candy by herself in order that she may have practice in making the cold water tests and reading her own thermometer.

The large recipes given are about the size which would usually be made at home. The smaller ones are suitable for use in teaching, both from the standpoint of equipment and of amount of material to be used, but are large enough to give experience in handling the candy.

The processes involving unusual manipulation were demonstrated before the class.

In planning our sequence of lessons we began with the types of candy that would not be spoiled by having the temperature a few degrees higher or lower than that called for in the recipe. At first it is difficult for the student to read the thermometer accurately and quickly or to judge the cold water test.

Butterscotch and peanut brittle are good types of candy for a first lesson because they require little manipulation. Taffy was included in our first lesson because we were teaching college students, most of



whom had had some experience in taffy pulling. With a large class of children, a taffy lesson, where every one pulls taffy at once, is quite an undertaking. It would be simpler to let the class become experienced in the ways of candy pulling a few at a time.

Fondant was taught in our second lesson because this is the simplest of the cream candies. A fondant failure can be recooked easily and the time of cooking is short.

We gave time during two lessons to caramels and nougat so that the candy could be made in one lesson and cut and wrapped in the next. Both of these candies require long cooking and can scarcely be made and wrapped in one period.

In each lesson special attention was given to the appearance of the finished candy. The students realized the importance of cutting the candy in uniform pieces of the proper size. When wrapping was done the candy was made to look as professional as possible.

One lesson was devoted to box packing and the accessories which make candy boxes attractive.

Our aim was to teach the making of candies for home and school—not to train commercial candy makers. Although an intensive course in candy making is rare, this short unit was offered at Teachers College to meet a professional need on the part of teachers of cookery.

The following outline may prove suggestive and selections can be made from it to suit the time available for candy making in any cookery course. A three-hour period was given to each lesson.

**LESSON 1 — *Taffies and Brittles***

Demonstration — pulled mints to show taffy pulling.

Class work — each student made either taffy or brittle, choosing from a variety of recipes, such as salt water taffy, cream taffy, yellow jack, chocolate taffy, etc., to show the range of possibilities.

**LESSON 2 — *Fondant and Pop Corn***

Demonstration — the paddling and kneading of fondant.

Class work — each student made fondant, different recipes being chosen.

Pop corn balls and cracker jack were made to review the principles of taffies and brittles. Two students worked together on a pop corn recipe.

**LESSON 3 — *Fudge, Penuchi, Operas, Maple Candies and Similar Cream Candies, Divinity***

Demonstration — divinity.

Class work — each student made fudge or a similar cream candy. Two students working together made divinity.

**LESSON 4 — *Caramels***

Demonstration — the dipping of caramel nut rolls.

Class work — each student made caramels, different recipes being chosen. The nuts were prepared for the nougat to be made in the following lesson.

**LESSON 5 — *Nougat***

Demonstration — the cutting and wrapping of caramels.

Class work — each student made nougat and wrapped her caramels made the previous lesson. The making of nougat does not need to be demonstrated since the general principles are those of divinity.

**LESSON 6** — *Cocoanut Candies, Nuts, Raisins, and Accessories*

Demonstration — chocolate coating and spiced nuts.

Class work — each student wrapped nougat made the previous lesson, prepared spiced raisins and cocoanut candy, and practiced chocolate dipping.

**LESSON 7** — *Super Fudge, Molding, and Review*

Demonstration — the molding of candies from super fudge, as fudge marbles, double deckers, fudge bacon rolls, etc.

Class work — each student made one review recipe. Two students working together made super fudge and molded it.

**LESSON 8** — *Packing the Box*

Demonstration — the packing of a box of candy.

Class work — each student prepared accessories, such as stuffed cherries, prunes, raisins, and dates, and used them in packing boxes of candy.

Candies for the boxes had been kept from previous lessons.



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