

Bernalillo County Extension Service

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Candy Making

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Simple Chocolate Fudge



- 3 cups of semi-sweet or dark chocolate chips
- 4 Tablespoons butter
- 1 can (14 oz) sweetened condensed milk

--Melt all ingredients together in a double boiler.

--Pour into a greased 8 inch square pan.

--Let set for about half hour then cut into squares.

Note: For peanut butter fudge, substitute half of the chocolate chips with an equal amount of peanut butter chips.

Also, 1 cup chopped nuts can be added. Pecans work well.



Microwave Peanut Brittle



- 1 cup sugar
- ½ cup light corn syrup
- 1 cup raw peanuts (can also use roasted and salted)
- 1 teaspoon vanilla
- 1 teaspoon baking soda
- 1 Tablespoon butter

-- In 1 ½ quart glass bowl, stir together sugar and corn syrup.

-- Microwave on high for 4 minutes.

-- Stir in peanuts.

-- Microwave on high 3 to 5 minutes.

-- Add butter and vanilla, stir well.

-- Microwave on high 1 to 2 minutes.

At this point, peanuts will be lightly browned and syrup will be hot. Add baking soda and stir until light and foamy.

Pour onto buttered cookie sheet, spreading as thinly and evenly as possible.

Let cool completely before breaking into pieces and storing in airtight container.

Buttermilk Pralines



- 2 cups sugar
- 1 teaspoon baking soda
- 1 cup buttermilk
- $\frac{3}{4}$ cup butter
- 1 teaspoon vanilla
- 2 cups whole pecans (you can rough chop if you prefer)

(Before beginning, tear two 18-inch strips of waxed paper, foil, or parchment paper and place on counter top. Be sure you have plenty of room to maneuver around the paper. Place two kitchen spoons on the paper.)

In 4-quart saucepan, combine sugar, soda, buttermilk, and butter.

Cook over medium heat to soft ball stage (this is 226° F. for Albuquerque altitude). Scrape bottom of pan often to keep from scorching.

Remove from heat and allow to cool slightly. Then beat by hand until mixture becomes darker in color.

Add vanilla and pecans. Continue beating by hand until mixture can be dropped onto waxed paper/foil/or parchment.

If candy becomes difficult to drop, place pan in warm water to soften.



Marshmallows



- 3 packages (1/4-ounce each) unflavored gelatin
- 1 cup (8 ounces) cool water, divided
- 1 1/2 cups (10 1/2 ounces) granulated sugar
- 1 cup (11 ounces) light corn syrup
- 1/8 teaspoon salt
- 1 tablespoon (1/2 ounce) vanilla extract or see * below

Combine the gelatin and 1/2 cup cool water in the bowl of an electric mixer fitted with the whisk attachment. Combine the sugar, corn syrup, salt, and 1/2 cup cool water in a small, deep saucepan. Cook the mixture over medium heat, stirring, until the sugar dissolves. Raise the heat to high and cook, without stirring, until the syrup reaches 230°F on a candy thermometer. Remove from the heat.

With mixer on low speed, slowly pour the sugar syrup into the softened gelatin. Increase the speed to high, and whip until the mixture is very thick and fluffy, and has cooled to lukewarm, 8 to 10 minutes. (It should be cool enough that you can spread it into the pan without burning your fingers.)

Add vanilla towards the end of the mixing time.

* Other choices besides vanilla; This is also the time to add a few drops of peppermint oil, if desired, instead of vanilla extract. Or try 1/2 teaspoon espresso powder for a coffee-flavored treat. To use the crushed peppermint candies, which will tint the marshmallow pink and add flavor, stir the candies into the marshmallow mixture, leaving some swirls of plain white.

Spread the marshmallow mixture into a greased 9" x 13" pan (glass or ceramic is best). Use your wet hands to smooth and flatten the marshmallows. Sprinkle confectioners' sugar over the top, and let sit for several hours (or overnight) before cutting. Use a greased knife or cookie cutters to make squares or other shapes.

Yield: about 80 1-inch squares.

Chocolate Marshmallows



- 2 packages gelatin
 - 2/3 cup water
 - 3/4 cup sugar
 - 1/2 cup clear corn syrup
 - 4 oz dark chocolate, melted
 - 1/4 cup cocoa powder
1. Line an 8 by 8 inch pan with parchment paper.
 2. In a small sauce pan, sprinkle the gelatin over the water and let the gelatin expand. Add the sugar to the pan and gently heat while stirring until the sugar has dissolved completely.
 3. Pour the sugar and gelatin mixture into the bowl of an electric mixer. Add the corn syrup and then beat for 10 to 12 minutes until the mixture forms stiff peaks. Stir in the chocolate using a spatula to mix.
 4. Pour into the prepared pan spreading with a greased spatula. Refrigerate for about 1 hour until well set.
 5. Cover a work area with half the cocoa powder. Unmold the marshmallow onto the cocoa powder, then cut into squares using scissors, a pizza cutter or a knife sprayed with cooking spray. Cover each square with the remaining cocoa powder.
 6. Keep in a well sealed container at room temperature.



English Toffee



- 2 Cups Sugar
- 1 Pound (4 sticks) Butter
- 1 Cup Water
- 1/2 tsp. Salt
- 3 Cups Almonds -- the "shaved" kind (not slivers or whole)
- 1 tsp. Baking Soda
- 1 pound bar of Cadbury Milk Chocolate -- broken up

Reserve 1 cup of the almonds and set aside.

Mix sugar, butter, water, and salt in large, heavy saucepan and heat to boiling over medium to medium high heat. Make sure there's room in the saucepan for the mixture to foam up and boil.

Heat mixture over medium to medium high until it foams and reaches 240 degrees on a candy thermometer.

When temp reaches 240, stir in 2 cups of almonds.

Stir mixture constantly and watch temp carefully until temp reaches 270.

Remove from heat, stir in soda and QUICKLY pour onto a cookie sheet covered with but-tered or greased wax paper. Mixture should start to harden immediately.

As mixture hardens, sprinkle chocolate chunks over hardening mixture and spread the chocolate chunks around until they melt.

Sprinkle melted chocolate with reserved almonds.



Chocolate Truffles



- 2/3 cup heavy whipping cream
- 3 Tablespoons butter
- 1 Tablespoon sugar
- 6-oz. package semi-sweet chocolate chips
- Desired flavoring (Suggestions: orange/raspberry/amaretto/coffee liqueur, vanilla, mint)

In a medium saucepan, combine cream, butter, and sugar.

Heat and stir until butter is melted and mixture is very hot.

Remove from heat and stir in chocolate until well blended.

Stir in flavoring.

If using extract, $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon is usually enough.

If using liqueur, use approximately $\frac{1}{2}$ to 1 Tablespoon.

Transfer mixture to a chilled bowl.

Cover and chill one hour until mixture has thoroughly cooled.

Stir often.

Drop from teaspoon onto baking sheet lined with waxed paper.

Chill 30 minutes or until firm.

With gloved hands, roll into balls and then into ground pecans, coconut, powdered cocoa, or powdered sugar.

If preferred, you can dip in melted chocolate.

Serve in paper candy cups.

Note: It is a good idea to use a different garnish for each different flavor.

Divinity



- 4 cups sugar
- $\frac{3}{4}$ cup water
- 1 cup light corn syrup
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 1 cup pecans, broken

Mix all ingredients together in 3 $\frac{1}{2}$ quart glass bowl; microwave on high for 11 minutes. Stir. Microwave for an additional 11 minutes.

During this time, beat 3 egg whites until very stiff.

Pour hot mixture slowly into the egg whites while continuing to beat – for about 12 minutes or until mixture loses its gloss.

Add pecans and vanilla.

Drop by teaspoons onto waxed paper - OR line 13x9-inch pan with foil and pour mixture in and let it cool (to cut for later).

Let cool completely before serving.

Note: Barometric pressure must be 30 or above in order for this recipe to turn out correctly!



Candy Cane Kisses



- 1 cup almond flour (or 1 cup of thinly sliced almonds)
- ½ cup unsalted butter
- ½ teaspoon salt (if you use salted butter, leave out the salt)
- 1 large egg
- 1 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 ¾ cup all-purpose flour
- ¾ teaspoon baking soda
- 1 bag of candy cane-flavored Hershey's Kisses, unwrapped

Heat oven to 375° F.

In a mixer beat almond flour (or sliced almonds) with butter for a few minutes, then add sugar, egg and vanilla.

Add the dry ingredients on low speed in the mixture to make a heavy dough.

With a small cookie scoop form balls of dough and place on baking sheet about ½ inches apart.

Bake cookies at 375 for 12 minutes.

Remove from oven; press peppermint kiss into the center of each cookie.

Cool 2 minutes on pan before transferring to a cookie rack to cool completely.

Baked Caramel Corn



- 1 cup butter
- 2 cups brown sugar
- 1 cup corn syrup

Make syrup mixture in large sauce pan and let boil for 5 minutes.

Remove from heat and stir in:

- 1 Tablespoon vanilla
- ½ teaspoon soda

Pour over 6 quarts of popped corn * and mix well.

Pour mixture into a large greased baking pan and cook at 300 degrees for 1 hour, stirring every 15 minutes.

Cool and break apart.

May be added to the popcorn:

- 2 cups of nuts (any kind)

* I buy the pre-popped buttered and salted popcorn which is easy to find around the holidays.

This recipe may be doubled or tripled.



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