

CHAPTER XVII

The Value and Use of Sugar, Including Confections

CANE and beet sugar are the principal sugars on the market. In the early times maple sugar was a commodity of more general use. Today the use of sugar made from corn, as well as the syrups, is filling a need in our homes. As corn is of so much value to this state, a special chapter is devoted to corn and its products with recipes for their use.

USE OF SUGARS

Principally as a flavoring.

In syrups as accompaniments to various foods.

As confections and bonbons.

PRESERVATION

Sugar needs no special care in storage since bacteria will not grow in dry sugar nor in strong sugar solutions. Honey is perhaps the only sugar needing special care. It absorbs moisture and hence should be stored in a warm, dry place.

Molasses ought to be stored in a cool place to prevent fermentation.

ECONOMIES IN THE USE OF SUGARS

1. Fancy table syrups are always expensive. Two or three cobs boiled in water which is later used in making a sugar syrup will impart a flavor similar to maple. Whey from sour milk boiled with sugar will give an agreeable flavor.

2. Sweet fruits will often satisfy a child's craving for sweets as easily as candies.

3. Where honey is available it may well be used in cookies and cakes. Honey absorbs moisture on standing and hence cakes containing it remain moist longer than those made with sugar. Honey contains some moisture and cannot be substituted cup for cup in recipes calling for sugar.

4. Domestic sorghums make very good syrups. Sugar is usually most expensive during the canning season. Most fruits may be canned without sugar, being sweetened as needed during the winter.

TEMPERATURES USED IN CANDY MAKING

Soft ball stage for fondant, icing and fudge..	236°-240° F.
Firm ball for caramels	242°-250° F.
Hard ball for taffy	262°-270° F.
Soft crack for butterscotch	290° F.
Hard crack for brittles and caramels.....	300° F.

CARAMEL SYRUP

Sugar is caramelized at a temperature of 300° F. Have a smooth, clean saucepan or frying pan hot. Put into it a cup of sugar. With a spatula stir the sugar, which first hardens, then melts to a brown color. Do not allow the syrup to become too dark brown or it will have a burnt taste. When it reaches the right stage, add 1 c. boiling water and cook until the caramel melts and thickens slightly.

FONDANT

2 c. sugar	½ tsp. cream of tartar or
1 c. water	2 tbsp. corn syrup

Put the ingredients in a sauce pan, mix and put on to cook. As the mixture boils, wash down the sides of the pan with a fork around whose tines a bit of wet cloth has been securely fastened. Cook until the mixture forms a soft ball in cold water (238° F.), remove from fire and pour out on a well oiled platter. Cool until easy to handle and with a wooden spoon or spatula work the fondant on the platter until creamy. Toward the end it may be kneaded as bread. Allow to ripen 24 hours before using by placing in a covered jar.

USES OF FONDANT

Cream candies: After 24 hours, warm slightly and mold in balls or fancy shapes which may be dipped in sweet chocolate later. Dipping chocolate may be melted in a pan over water, and creams, lifted on a fork, may be dipped into it. Allow to dry on waxed paper.

Peppermints: Melt fondant over hot water, add coloring and peppermint flavoring, ½ tsp. to 1 c. fondant. By means of a spoon pour wafers of fondant on oiled paper and allow to cool before removing. Melted fondant may be used for dipping individual cakes, fresh fruits as cherries, or nuts. Dates and prunes may be stuffed with it.

CHOCOLATE FUDGE

2 c. sugar	1 tbsp. butter
$\frac{1}{2}$ c. milk	1 tsp. vanilla
2 sq. chocolate	$\frac{1}{4}$ tsp. salt
2 tbsp. corn syrup	

Mix all the ingredients except butter and vanilla. Cook until it forms a soft ball in water (238° F.). Remove from fire and add butter. Allow to cool to lukewarm. Add vanilla and beat until creamy and it begins to hold its shape. Pour into oiled pans $\frac{3}{4}$ thick and cut into squares when cold.

DIVINITY

5 c. sugar	1 c. water
$\frac{1}{2}$ c. corn syrup	5 egg whites
1 c. chopped nuts	Fruits if desired

Mix sugar, corn syrup and water and cook until it forms a soft ball in cold water (238° F.). Have ready the eggs beaten stiff in a large bowl. Pour over them, beating all the time, $\frac{1}{2}$ c. of syrup. Put the remaining syrup on the fire and cook until it forms a hard ball in cold water (250° F.). Pour the syrup over the egg mixture, beating continually. As the divinity begins to stiffen, add 1 c. of chopped nut meats and turn into well oiled pan or pasteboard box lined with wax paper. Chopped dates, figs, raisins, candied pineapple and cherries may also be added, if desired.

PENOCHE

2 c. brown sugar	$\frac{1}{2}$ tsp. vanilla
2 tbsp. corn syrup	$\frac{1}{2}$ c. chopped pecan meats or
2 tbsp. butter	marshmallows
1 c. milk	

Boil together all the ingredients, except the vanilla and nuts, to the soft-ball stage (238° F.), stirring occasionally to prevent burning. Remove from the fire, let cool for a few moments, then beat rapidly until the mixture begins to stiffen. Pour into a buttered pan and cut into squares.

BROWN SUGAR TAFFY

2 c. brown sugar	1 tbsp. butter
Tiny pinch of soda	1 c. boiling water
$\frac{1}{4}$ tsp. salt	$\frac{1}{4}$ tsp. vanilla
1 tbsp. vinegar	

Cook the above ingredients to 250° F. or until a little of it in cold water forms a hard, rather brittle ball. Add the vanilla and pour on a buttered marble slab. When it is cool enough to handle, pull until it is a light golden color. Twist into a long rope and snip off small pieces of the taffy with scissors. Dust them with powdered sugar and wrap in waxed paper.

PECAN OR PEANUT BRITTLE

Put 2 c. of light brown sugar (granulated sugar may be used) into an iron or heavy aluminum skillet. Place directly over the heat and stir constantly (a wooden spoon is best to use) until it melts and browns to caramel. Then add 1 tbsp. of butter and 1 c. of broken pecan meats or peanuts. If you do use peanuts, raw ones are preferable since they brown and roast right in the hot sugar. Stir and boil a few moments longer, then pour on a wet marble slab and with two forks spread thin. Break into pieces when cold.

NUT CARAMELS

Boil to the hard-ball stage, or 250° F., 2 c. of granulated sugar, ½ c. of corn syrup, 2 tbsp. of grated chocolate, ½ c. of milk and ½ c. of butter. Chocolate caramels may be made by tripling the amount of chocolate. Stir lightly with a wooden spoon to keep from burning as the last stage of boiling is reached. Add ½ tsp. vanilla and ½ c. of chopped nut meats when the cooking is finished. Pour into a buttered pan of a size to make the candies an inch thick. An easy way to get the right thickness is to use small pans and pour into each until the mixture is an inch high. When cool, cut in squares and wrap in waxed paper.

HONEY KISSES

2 tbsp. strained honey	½ c. cream or condensed milk
1 c. granulated sugar	¾ tsp. vanilla
2 tbsp hot water	Pecan or walnut meat halves
1 c. brown sugar	

Mix all except nuts and flavoring in saucepan and stir until sugar dissolves. Cook without stirring to hard ball (250° F.). Take from fire, add vanilla, turn into buttered tin, and while warm mark into squares and press a nut half onto each square.

POPCORN FUDGE

1 c granulated sugar	1 tsp. butter
1 c. brown sugar	2 qts. freshly popped corn
1 c. thin cream	1 tsp. lemon or vanilla

Boil sugars, cream and butter to soft ball. Take from fire, beat until syrup begins to thicken, add flavoring and pour over corn, stirring so that each kernel is coated.

SALTED ALMONDS

Cover the almonds with boiling water, let boil vigorously, drain, cover with cold water, drain again and slip the skins from the nuts, one at a time, between the thumb and forefinger. Dry the nuts on a cloth. Beat the white of an egg until well broken, but not in the least light. Dip the tips of the fingers into the egg and repeatedly take up and drop a few nuts at a time until they are well coated with egg. Dredge with salt. Let brown delicately in the oven.

The blanched almonds may also be browned by deep frying in oil at 375° F. Drain on a cloth and salt afterward.

The almonds may have a little butter and salt put over them and then browned in the oven. Stir frequently to have color even.

NUT GLACE

Cook 2 tbsp. of granulated sugar, 1 tbsp. of glucose, and 1 c. of water until the mixture begins to tinge with yellow (310° F.). Remove saucepan containing mixture to a larger saucepan containing boiling water; drop in the nut meats, one by one; cover with the syrup and lift out, with a long pin, to oiled paper.

CANDIED GRAPEFRUIT PEEL

Remove peel from grapefruit in quarters and cover with cold water. Boil until tender. Drain and with a scissors cut in strips.

Make a syrup of 1 c. of sugar and $\frac{1}{2}$ c. of water. Add the grapefruit peel and cook until all the syrup is absorbed, stirring carefully with a fork. Remove peel from syrup. Roll in granulated sugar and dry on wax paper. Orange and lemon peel may be prepared the same way.