

## CANDY MAKING EXPERIENCE

### BACKGROUND INFORMATION

#### SUGARS IN CANDY MAKING

NOTE TO TEACHER: See the discussion of sugar as a simple carbohydrate in the CARBOHYDRATE unit.

Sucrose (white granulated) is the main sugar used in candy making. Other sugars used for confections include: brown and maple sugar, corn syrup, molasses, honey and maple and cane syrups are all used in candy, according to the flavor and texture desired. The light-brown sugar should be chosen rather than the darker brown, for a candy of delicate flavor. The same thing is true if corn syrup or molasses is used; the lighter color gives a lighter flavor.

Adding a small amount of glucose (corn syrup) to the granulated sugar (sucrose) tends to prevent grainy candy or crystallization of the sugar. If crystals that form on the side of the pan in which candy is cooked fall back into the candy, they tend to cause large crystals to form and to make grainy candy.

Cream of tartar, lemon juice or acetic acid added to the sugar may be used instead of corn syrup or glucose to prevent crystallization. They change part of the granulated sugar to glucose during the cooking process.

Brown sugar and molasses contain an acid, which if used in candies with milk, causes the milk to curdle. Therefore, candy containing these two ingredients should be stirred while it is cooking. Crystallization does not readily occur here because the milk tends to prevent it.

NOTE TO TEACHER: A good resource for the process and standards of candy making is The Joy of Cooking, Rombauer & Becker, published by Bobbs-Merrill.