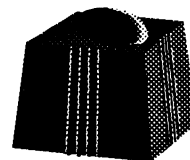
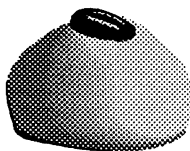
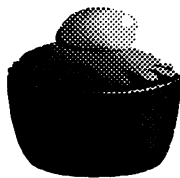


Chapter 2

Candies



Caramel - Microwave

- 1 cup butter
- 1 cup brown sugar
- 1 cup sugar
- 1 cup light corn syrup
- 1 cup condensed milk, sweetened

Instructions

In a large bowl melt butter.

Add other ingredients and stir until well mixed.

Cook uncovered on high for 15 minutes, stirring every 3 or 4 minutes.

Pour into a buttered 13 x 9 inch pan.

Students can prepare traditional caramels and this recipe and compare time factors, cost of equipment and product results.

Recipe Notes

Source: Janet Maw, Sky View High

Caramels - Mrs. Welling's

- 1 quart corn syrup
- 4 cups butter
- 2 cube butter
- 1 pint cream
- 1 can evaporated milk

Instructions

Combine corn syrup and butter in a heavy saucepan. Stir and bring to a boil. Add butter; stir. Add cream; stir. Add evaporated milk; stir. Stir mixture continuously and cook to a softball stage (240 degrees).

Pour into a buttered jellyroll pan and let stand overnight.

Cut into 3/4-inch strips and then snip strips with kitchen shears into 3/4-inch squares. Wrap with squares of waxed paper. Twist ends. Store in an airtight container.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Cream Cheese Mints

3 ounces cream cheese, softened
1/2 teaspoon peppermint flavoring
3 cups powdered sugar

Instructions

In a small mixing bowl combine softened cream cheese and peppermint flavoring. Gradually beat in powdered sugar with electric mixer until mixture is smooth. (Knead in the last of the powdered sugar with hands.)

Knead in food coloring till evenly distributed.
Sprinkle small candy molds lightly with granulated sugar.

Press about 1/2 to 3/4 teaspoon into each mold.

Remove from mold or form sugar into 3/4 inch balls. Dip each ball into granulated sugar, place on waxed paper.

Flatten each with the bottom of a juice can or with the tines of a fork. Let dry overnight

These mints can be frozen for up to one month.

Makes 6-8 dozen molded mints or about 4 dozen patties.

Recipe Notes

Source: Brighton High

Divinity

- 2 1/2 cups granulated sugar
- 1/2 cup light corn syrup
- 1/2 cup water
- 1/4 teaspoon salt
- 2 egg whites (room temperature)
- 1 teaspoon vanilla extract
- 1/3 cup chopped nuts, optional

Instructions

Combine sugar, syrup, salt and water in a 2-quart saucepan. Cook to hard ball stage (260 degrees) stirring only until sugar is dissolved. While sugar mixture is cooking, beat egg whites until stiff peaks form. Gradually pour syrup over egg whites beating at high speed with electric mixer. Add vanilla and nuts and continue beating until candy holds its shape. Drop from teaspoons onto waxed paper. Let cool. Store in an airtight container.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

English Toffee

- 1 cup butter
- 1 1/3 cups sugar
- 1/4 cup water
- 1 tablespoon light corn syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon salt
- 1/2 cup nuts, finely chopped
- 1 cup chocolate chip, semi-sweet

Instructions

Cover cookie sheet with foil and spread half of the nuts over the foil.

Combine butter, sugar, water corn syrup, vanilla and salt in a 3-quart saucepan. Stir until the sugar is dissolved. Bring to a boil, stirring constantly.

Start out on high heat until the pan is warm and then turn down to medium-high heat.

When mixture boils, turn heat down to medium and cover for 3 minutes. This washes down the sugar crystals on the sides, so your toffee will not turn to sugar.

After 3 minutes, remove the lid and stir the mixture constantly until it reaches the hard-crack stage (290 degrees) and/or the mixture turns a caramel color. This may occur about 285 degrees. Watch closely. Stir constantly. Candy should continue to boil once it starts to boil.

Put toffee over nuts, pouring up and down, back and forth. It sets up fast. Put chocolate chips on and let them sit a few minutes to melt, then spread the chocolate with a knife. Sprinkle remaining nuts on top.

Recipe Notes

Source: Louise Chamberlain, Woods Cross High School
Food for Life

English Toffee - Easy

- 1/2 cup butter, or margarine
- 1/2 cup sugar
- 1 1/2 teaspoons light corn syrup
- 1 1/2 tablespoons water
- 2 tablespoons nuts, chopped, optional
- 2 ounces chocolate, optional

Instructions

In a heavy saucepan, melt butter. Add sugar and heat until dissolved. Add water and corn syrup and cook over medium heat, stirring often to soft crack stage, 280 degrees, (about 12 minutes).

Spread in a buttered baking dish or sheet. Immediately sprinkle chocolate evenly over top. Sprinkle with finely chopped nuts. Chill until firm. Break into pieces.

Recipe Notes

Source: Aimee Beck, Gerry Fairbanks, Bingham High
Food Service/Culinary Arts, Food and Fitness, Food for Life

Fudge - Lora's Microwave

- 3 cups sugar
- 3/4 cup butter
- 3/4 cup chocolate chip
- 1 jar marshmallow cream topping, 7 oz
- 1 cup nuts, chopped
- 1 teaspoon vanilla extract

Instructions

In a glass microwave safe bowl, melt butter

Add sugar and milk, stir

Microwave on high 8 minutes stirring every 2 minutes

Gradually stir in chips until melted, add creme, nuts and vanilla

Stir till mixed, pour into a 13 x 9 inch pan

Chill

Recipe Notes

Source: Lora Thompson, Centennial Middle School

Fudge - Microwave

- 2 packages chocolate chips, milk, 12 oz. package
- 1 can sweetened condensed milk
- 3 tablespoons butter or margarine
- 1/4 teaspoon salt
- 1 teaspoon vanilla extract
- 1/2 cup nuts, chopped

Instructions

Cook first four ingredients on high for 3 minutes.

Remove from microwave and add vanilla and stir until creamy smooth,.

Add nuts and stir in. Spread in a buttered 9 x 13 inch dish. Cut into squares.

Recipe Notes

Source: LeeAnn Bitner, Alta High School

Fudge - Nicky's

2/3 cup evaporated milk, unsweetened
1 2/3 cups sugar
1/2 teaspoon salt
1 1/2 cups marshmallows
1 1/2 cups chocolate chips, milk
1 teaspoon vanilla extract

Instructions

Cook over medium heat and bring to a boil, stirring constantly, milk, sugar and salt.

Cook 5 minutes, remove from heat and add: marshmallows, chocolate chips, and vanilla.

Stir until all ingredients are melted.

Pour into buttered pan and cool

Recipe Notes

Source: Jane W. Hatch, Rich High School
Food for Life

Honey Candy

- 1 cup honey
- 2 cups granulated sugar
- 2/3 cup cream
- 1 teaspoon vanilla extract

Instructions

Combine honey, sugar and cream in a heavy saucepan. Stir constantly until syrup reaches 280 degrees. Pour onto a buttered platter or board. Tuck in sides as they cool. When cool enough to handle, add vanilla and begin to stretch. Stretch until white and stiff. Twist and score. Break into chunks after candy has hardened.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Lollipops

- 2 cups sugar
- 2/3 cup corn syrup, light
- 1 cup water
- 1 teaspoon oil based flavoring, less if desire
- 5 drops food coloring

Instructions

Combine sugar, corn syrup and water in sauce pan. Stir and heat (medium to medium high) until sugar dissolves.

Cook, without stirring to hard crack stage. (300 degrees) The liquid should be a clear color and not turn golden brown.

Remove saucepan from heat.

Quickly add oil flavoring (any kind) and food coloring (any color) and stir with wooden spoon.

Pour liquid into molds that have been sprayed with cooking spray, use excess for glass candy.

After about 5 minutes take suckers out of mold.

Recipe Notes

Source: Tricia Broadbent, South Jordon Middle School
8th Grade Life Skills

Lollipops - Cinnamon

3/4 cup cinnamon candies
1/3 cup corn syrup
1/2 cup water

Instructions

Butter bottom and sides of a 2 quart saucepan. In pan combine candies, syrup, water, and a pinch of salt. Cook, stirring constantly until candies dissolve and mixture boils.

Continue cooking, without stirring, until mixture reaches the hardball stage (300 degrees).

Remove from heat and put in buttered mold.

Makes 1 dozen lollipops.

You can also try lemon heads, cherry heads or orange heads to change the flavor.

Recipe Notes

Sharon Monday, Hunter Junior High

Meringue Kisses

- 3 egg whites
- 1 teaspoon vanilla extract
- 1/4 teaspoon cream of tartar
- 1/4 teaspoon peppermint flavoring
- 1 dash salt
- 1 cup sugar

Instructions

In kitchen aid mixer whip the above ingredients, except sugar, until soft form. Gradually add 1 cup sugar, about 1 tablespoon at a time until very stiff peaks form. Drop from a tablespoon 1 1/2 inch apart onto lightly greased cookie sheet. Press a chocolate kiss into each cookie. With knife bring meringue up and around candy. Swirl top. Sprinkle with red or green sugar. Bake at 275 degree over for 30 minutes, or until set. Immediately remove cookies to cool.

Recipe Notes

Source: Nancy Gudmundson, Alta High School

Molasses Taffy

- 2 cups granulated sugar
- 1 cup molasses
- 1/4 cup water
- 2 teaspoons vinegar
- 2 tablespoons butter or margarine
- 1/2 teaspoon baking soda

Instructions

Butter sides of a heavy 2-quart saucepan. In it combine sugar, molasses and water. Cook slowly, stirring constantly, until sugar dissolves. Then bring to boiling; add vinegar and cook to softcrack stage (270 degrees). Remove from heat; add butter and sift in soda. Stir to mix.

Turn out (but don't scrape pan) on buttered platter or large shallow pan. For even cooling, use spatula to turn edges to center. Butter hands so candy won't stick. Pull the taffy while as warm as you can handle; use only fingertips to pull. When candy is light taffy color and hard to pull, cut in fourths and pull and twist each piece into a long strand, 1/2-inch thick. With buttered scissors, quickly snip in bite-size pieces. Wrap each piece in a 4-inch square of waxed paper.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

O' Henry's

- 1/2 cup sugar
- 1/2 cup light corn syrup
- 1/2 cup peanut butter
- 2 1/2 cups rice krispies cereal
- 1/2 cup milk chocolate chips
- 1/2 cup butterscotch chips

Instructions

Grease 8" x 8" cake pan

Put both chips in a microwave safe bowl.
Microwave for 20 seconds and stir, repeat until melted.

In a saucepan mix sugar and corn syrup with a wooden spoon.

Bring sugar and corn syrup to a boil and boil 90 seconds. Take the pan off the heat and stir in the peanut butter.

Add rice krispies and stir, press into the pan.

Spread the melted chips on the top.

Cool, cut and eat. Store uncovered with plastic wrap.

Recipe Notes

Source: Lora Thompson, Centennial Middle School
TLC

Peanut Brittle - Last Chance

- 2 cups granulated sugar
- 1 cup water
- 1 cup light corn syrup
- 1 cup raw peanuts
- 1 teaspoon baking soda
- 1 tablespoon butter
- 1 teaspoon vanilla extract

Instructions

Combine sugar, water and corn syrup in a 3-quart saucepan. Boil together until syrup reaches 300 degrees (soft crack) on a candy thermometer.

At 300 degrees add raw peanuts and stir constantly to separate peanuts until syrup turns light brown.

Remove from heat and add in order: soda, butter, vanilla. Stir thoroughly and quickly while mixture foams.

Pour into a well-buttered 10-inch x 15-inch jelly roll pan which has been placed on a cooling rack.

Let candy stand without moving until it is completely cooled.

Break into dollar-size pieces.

This candy stores extremely well in an air-tight container.

Makes about 1 pound of candy.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Peanut Brittle - Microwave

- 1 cup sugar
- 1/2 cup white corn syrup
- 1 cup peanuts
- 1 tablespoon margarine
- 1 teaspoon vanilla extract
- 1 teaspoon baking soda

Instructions

Combine sugar, white corn syrup and peanuts in a large glass microwave bowl.

Stir and microwave for 5 minutes.

Stop at 3 minutes, stir and continue for another 2 minutes.

Add margarine and vanilla and microwave for 1 minute. Stir.

Microwave for an additional minute.

Add baking soda. Microwave for 30 seconds.

Quickly pour onto a greased cookie sheet or jelly roll pan.

Let cool and break into pieces.

Recipe Notes

Source: Tonie Dee, Monument Valley High
8th Grade Life Skills

Peanut Brittle - Microwave Great

- 2 cups peanuts, roasted, salted
- 1 cup sugar
- 1/2 cup corn syrup
- 1 tablespoon margarine
- 1 teaspoon baking soda
- 1 teaspoon vanilla extract

Instructions

Generously grease a large cookie sheet with margarine, set aside.

Combine sugar, corn syrup in a microwave safe glass batter bowl.

Cook on high for 4 minutes.

Stir in peanuts. Microwave 3-5 minutes, stirring after 3 minutes, until syrup is lightly browned.

Stir in butter and vanilla and cook for 2 1/2 minutes.

Add baking soda; stir until mixture is light and foamy. Pour onto cookie sheet. Spread quickly to about 1/4 inch thick with the back of a wooden spoon.

As candy cools, stretch to a thin sheet, using palms of hands.

Cool completely before breaking into pieces.

Recipe Notes

Source: Penny Bushman, Payson Junior High School
Food and Fitness

Peanut Brittle - Microwave Terrific

1/2 cup peanuts, raw
1/2 cup sugar
1/4 cup corn syrup, white
1 pinch salt
1/2 tablespoon butter or margarine
1/2 teaspoon baking soda
1/2 teaspoon vanilla extract

Instructions

Measure the above ingredients into a microwave safe glass casserole dish. Stir with wooden spoon.

Cook in microwave for 2 minutes--do not cover.

Stir well and cook 2 more minutes.

Stir in 1/2 tablespoon butter and cook for 30 seconds more.

Remove from microwave and quickly stir in:

1/2 teaspoon baking soda
1/2 teaspoon vanilla

Pour onto a dinner plate that has been covered with tin-foil and generously coated with butter.

Place in refrigerator to cool for 5 to 10 minutes.

Once brittle has cooled break into bit size pieces.

Recipe Notes

Source: Karrie Myers, Mount Logan Middle School
Life Skills

Popcorn - Microwave Caramel

- 1 cup brown sugar
- 1 stick margarine
- 1/4 cup corn syrup
- 1/4 teaspoon salt
- 1/2 teaspoon baking soda
- 8 cups popcorn

Instructions

Combine brown sugar, margarine, corn syrup, and salt in a glass bowl and microwave on high for 4 minutes.

Remove and add 1/2 teaspoon baking soda.

Pour mixture over popped corn in a brown paper sack and mix well.

Microwave bag 1 1/2 minutes on high.

Shake bag and microwave for 1 1/2 minutes more.

Shake bag again and microwave for 30 seconds.

Remove popped corn from bag and lay flat until cool.

Store in airtight container.

Recipe Notes

Source: Tamra Rauzi, Northridge High School
TLC, Food and Fitness, Food for Life

Salt Water Taffy

- 2 cups granulated sugar
- 1 cup light corn syrup
- 1 1/2 cups water
- 1 1/2 teaspoons salt
- 2 tablespoons butter or margarine
- 1/4 teaspoon oil of peppermint
- 7 drops red or green food coloring

Instructions

Combine sugar, syrup, water and salt in 2-quart saucepan. Cook slowly, stirring constantly, until sugar is dissolved. Continue to cook to hard-boil stage (260 degrees) without stirring.

Remove from heat; stir in butter, flavoring and food coloring. Pour into buttered 15 1/2-inch x 10 1/2-inch jellyroll pan. Cool until comfortable to handle. Butter hands; gather taffy into a ball and pull. When candy is light color and gets hard to pull, cut in fourths; pull and twist each piece into long strands about 1/2-inch thick. With buttered scissors, quickly snip taffy into bite-size pieces. Wrap each piece in a 4-inch square of clear plastic or waxed paper. Makes 1 1/4 pounds of candy.

Recipe Notes

Source: Anne Hawes, Cottonwood High
Food and Fitness

Suckers - Microwave

1 cup sugar
1/2 cup light corn syrup

Instructions

Mix sugar and corn syrup in 4 cup glass bowl. Cover with plastic wrap and microwave 3 minutes on high. Carefully remove plastic and stir.

IMPORTANT: Use new plastic wrap and wrap again. Microwave 3 minutes, remove from microwave and add flavorings and color. Pour into molds.

Flavorings: Root Beer - 1 tsp; Cinnamon - 1/8 tsp; Green Apple - 1/4 tsp.

Recipe Notes

Source: Janet Maw, Sky View High
Foods I and II

Students can compare this recipe with traditional suckers for time, cost of equipment and product results.

Vinegar Taffy

2 cups sugar
1/3 cup water
2 tablespoons white vinegar
2 tablespoons corn syrup
1 teaspoon vanilla extract
1/8 teaspoon salt

Instructions

Put all ingredients into a heavy weight pan except the vanilla and butter. Stir over medium heat with a wooden spoon until the sugar dissolves. Remove spoon and continue cooking over medium high until the mixture reaches a hard ball stage (or spins a thread). Remove from heat without stirring and pour onto a buttered dinner plate with the vanilla placed on it. Do not scrap the pan! Let cool until it can be picked up with buttered hands and stretched until white. Make into a 1 inch rope and place on wax paper. Crease with a knife and when hard, crack along the creases into pieces.

Recipe Notes

Annette Adams, Bear River Middle School
Food and Fitness