

## HIGH ENERGY RECIPES FOR SPECIAL OCCASIONS

**NOTE TO TEACHER:** In each of the following recipes the ingredient supplying the "fats" will be underlined. Discuss with students what nutrients candy contains and how it affects their overall diets.

### HONEY CANDY

1 cup honey  
2 cups sugar  
2/3 cup cream

Cook to 280°F. stirring constantly. Pour onto buttered board/platter. Tuck in sides as they cool. When you can handle, add 1 tsp. vanilla and begin to stretch. Stretch until white and stiff. Twist and score. Break into chunks after candy is hardened.

**NOTE TO TEACHER:** If pressed for time have a pan already cooking when students come into class, have a student stir while you explain measure, etc.

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### TAFFY

2 cups sugar  
2 Tbsp. butter  
1/2 cup vinegar  
Flavor and coloring

Melt butter, Add sugar and vinegar. Stir until sugar is dissolved. Cook to 290°F. Pour onto buttered pan. Pull away from sides as it cools. When cool enough to handle, pull until white and bubbly. Cut and shape. Add flavor and coloring while pulling.

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### QUICK MINTS

1 8 oz. cream cheese, softened  
1/2 cup butter  
2 lbs. plus 1/2 cup powdered sugar  
Flavor and coloring

Cream together butter and cream cheese. Add powdered sugar and knead until smooth. Work in flavoring and color. Roll into tiny balls and press into sugared molds.

## CARAMELS

1 can sweetened condensed milk  
1/2 cup margarine  
3/4 cup Karo syrup  
2 cups brown sugar

Cool to 230°F. stirring constantly. Pour into greased 9"x13" pan. Cool, cut and wrap in wax paper.

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## CHEESE BALL

1 bottle Old English Pimento cheese spread  
8 oz. cream cheese, softened  
1/2 tsp garlic salt (adjust to taste)  
1 tsp. Accent (adjust to taste)

Combine ingredients well and form into a ball. Roll ball in chopped or sliced nuts and chill until firm.

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## GINGERBREAD COOKIES (2 day event)

3/4 cup dark molasses	1/2 tsp. salt
1/2 cup packed brown sugar	1/2 tsp. allspice
1/3 cup cold water	1/2 tsp. cloves
3 Tbsp. <u>shortening</u>	1/2 tsp. cinnamon
3 1/2 cups flour	1 tsp. ground ginger
1 tsp. baking soda	Frosting (see recipe below)

Mix molasses, brown sugar, water and shortening. Stir in remaining ingredients. Cover and refrigerate at least 2 hours.

Heat oven to 350°F. Roll dough 1/4" thick on floured board. Cut cookies with cookie cutter. Place 2 inches apart on lightly greased cookie sheet. Bake until no indentation remains when touched. (10-12 min.) Cool and frost.

### FROSTING:

Beat 2 cups powdered sugar, 1/2 tsp. vanilla and 2 1/2 Tbsp. milk, (cream, half & half or regular)

until smooth and of spreading consistency. Color if desired.

*Resource for Option #10 - Candy Making Recipes - continued*

### **NUTTY CARAMEL CLUSTERS** (A microwave recipe)

13 vanilla caramels  
1 1/2 tsp. butter  
1 1/2 tsp. 2% milk  
1/2 cup sliced almonds  
1/4 cup unsalted peanuts  
1/4 cup pecan or walnut halves  
1 tsp. shortening  
1/4 cup chocolate chips

1. In a 1 quart casserole combine caramels, butter and milk.
2. Cook in microwave, uncovered, on 100% power for 1-2 minutes or until soft enough to stir, stirring once during cooking time.
3. Stir in nuts.
4. Drop from teaspoon onto waxed paper.
5. In a 1-cup measure combine chocolate pieces and shortening.
6. Cook in microwave, uncovered, for 1-2 minutes or until soft enough to stir smooth, stirring once during cooking time.
7. Drizzle chocolate over each caramel cluster.
8. Cool, then cover and chill.  
Makes about 12 pieces.