Creamy Candies for Christmas

Beth Bailey McLean

Iowa State College

Follow this and additional works at: http://lib.dr.iastate.edu/homemaker

Part of the Home Economics Commons

Recommended Citation
McLean, Beth Bailey (1924) "Creamy Candies for Christmas," The Iowa Homemaker: Vol. 4 : No. 9 , Article 2.
Available at: http://lib.dr.iastate.edu/homemaker/vol4/iss9/2

This Article is brought to you for free and open access by the Student Publications at Iowa State University Digital Repository. It has been accepted for inclusion in The Iowa Homemaker by an authorized editor of Iowa State University Digital Repository. For more information, please contact digirep@iastate.edu.
Creamy Candies for Christmas

By BETH BAILEY MCLEAN

Christmas is coming and we will all be making candy in preparation for the event. This year shall we not have candy that is rich and creamy instead of that which would be recognized only by its name? An understanding of some of the reasons why candy frequently is sugary will surely prevent the occurrence another time of sugar crystals.

Here are a few facts about making any candy:

1. Boiling liquid will dissolve more sugar than will cold liquid. Therefore, as the candy is brought to a boil, more and more sugar dissolves. When the liquid boils, all the sugar should be dissolved. When the candy is cooked and is put to cool, the natural tendency is for some of the sugar to drop out of solution and form large sugar crystals. This happens if there is a rough spot on the pan on which the crystals may form. Or if the candy is moved or stirred while it is hot, the sugar quickly drops out in hard crystals. The aim in candy making is to keep all the sugar in solution and to beat in air, causing the candy to set in very tiny crystals that give a smooth texture to the candy.

2. These directions may be followed for any creamy candy:

   - Put the sugar, liquid and butter into a smooth surfaced pan. Stir well. Put over the fire and stir until the sugar is dissolved. Put a cover over the pan. The steam will then wash down all the crystals from the sides of the pan. If these crystals are not washed down, they may start the formation of big crystals throughout the candy. Don't let the candy boil until every sugar crystal is dissolved.
   - Cocoa or chocolate cut fine may be added at this stage.
   - Remove the lid and let the candy boil. Stir once or twice to prevent burning. If the candy is made of sugar and water as is fondant, there is no danger of burning; therefore there is no need of stirring.
   - To test the candy, use plenty of cold water. The object is to cool a bit of the candy to see how firm it will be when it is ready to beat. If one uses a cup, the test candy makes the water too warm to give a true test. Therefore, at least a quart of water should be used in making the test.
   - Set the candy off the fire, while making the test because it may over cook in that time. If a half teaspoonful of candy dropped into a big pan of very cold water makes a soft ball when rolled between the thumb and forefinger, the candy is done.
   - Set the candy pan into a large pan of cold water. Caution! Do not stir or jar the candy pan! If you do, the sugar crystals will form. When the water in the pan gets warm, change it for cold water again.
   - Let the confection set until cold. This means that the candy should not stick to the finger when the surface is touched. If the candy sets too cold, it is hard to beat it. Add the vanilla and beat hard. Do not stir. Beating brings in air. Stirring simply mixes the candy. When the candy sets, one may add nuts and drop it by spoonful onto oiled paper. Or the candy may be beaten until it is stiff enough to knead. Turn it onto a board or smooth table top and knead the candy as bread dough. If the candy is the least bit grainy this kneading will tend to make a more creamy texture. Pat out and cut in squares or keep the kneaded candy in a loose until ready to use. In sending candy it is often best to send it in the uncut form to prevent drying out.
   - The fat added to the sugar and liquid at the first of the cooking helps to keep the candy from forming large sugar crystals. That is also why it is easier to make candy with cream than with water.
   - If sour cream is used a pinch of soda must be added. Be careful that small curds do not settle to the bottom and burn. Brown sugar contains acid and therefore soda is used also with brown sugar.

   In making fondant or other candies where no fat at all is used, one must take other precautions to prevent the formation of large sugar crystals. In these recipes a small measure of corn syrup is used or a little cream of tartar is added. This acid changes some of the sugar into a non-crystalline form similar to corn syrup. If too much corn syrup or cream of tartar is used, the fondant will not set up. In all the following recipes the above general directions should be carefully followed to secure a creamy product.

### FUDGE

| (1) 3-4 c. water and 4 tbsp. butter. | (2) 1 c. cream and no butter. |
| (3) 3-4 c. condensed milk, 1-4 c. water, and 2 tbsp. butter. | (4) 4 tbsp. cocoa instead of the chocolate. |
| (5) Marshmallow Fudge is made by using 12 fresh marshmallows cut into quarters. Add to the fudge just before taking the candy from the fire. |
| (6) Add 1 c. salted peanuts, pecans or almonds. |
| (7) Use fudge to stuff dates. |

#### SPICED FUDGE

2 c. sugar 1 tsp. cinnamon
1 c. brown sugar 1-2 tsp. cloves
1 c. thin cream 2 sq. chocolate
pinch salt 1-2 c. pecans
1 tsp. vanilla 1-2 c. seedless raisins
1-8 tsp. soda

Cook the sugar, cream, salt, soda, spices and chocolate as for plain fudge. Add the seedless raisins just before removing the candy from the fire. When cold, beat until set. Add the pecans and drop by spoonful or shape into small balls.

#### PENOCHO

2 c. light brown pinch salt
1 c. white sugar 2 c. cream
1 c. rich milk 1 tsp. vanilla
1-8 tsp. soda 1 c. nuts
Peanuts or coconuts may be used in penocho.

#### MAPLE CREAM

2 c. sugar 2 tbsp. butter
1 c. maple sugar 1 tsp. vanilla
1 c. rich milk pinch salt
1 c. pecans

#### PEANUT BUTTER CREAM

2 c. sugar 2 tbsp. peanut butter
3-4 c. milk 1-2 tsp. vanilla
pinch salt

Add the peanut butter just before the candy is removed from the fire.

#### COCOANUT CREAM

1 c. grated coconuts 2 c. sugar
1 tsp. vanilla 1 c. thin cream
1 c. pecans pinch salt

Add the coconuts just before removing the candy from the fire.

#### FIG CREAM

2 c. sugar 4 tbsp. butter
3-4 c. milk 1 c. vanilla
pinch salt 1-2 lb. figs
Chop the figs fine or put thru a food grinder. Add just before removing the candy from the fire.

(Continued on page 13)
And Yet

with all their wonderful Health and Comfort features, these famous shoes are in perfect harmony with the present-day style preference.

Bauge & Son
Shoes That Satisfy
Ames, Iowa

A BANK ACCOUNT

is the thermometer that tells the temperature of business. When the mercury goes up the forecast is "Fair and Warmer".

A Bank Account

Creamery Candies for Christmas
(Continued from page 3)

FONDANT
This is the foundation for chocolate creams and other fancy candies.
2 c. sugar
1 c. water (or) 1 c. water
2 tbsp. corn syrup 1-4 tsp. cream of tartar
Flavor as desired.

Variations in the Fondant Recipe
(1) 1 c. brown sugar and 1 c. white sugar.
(2) 1 c. white sugar and 1 c. maple sugar.
(3) Add 1 sq. grated chocolate or 2 tbsp. cocoa for chocolate fondant.
(4) Use 2-4 c. water and 1-4 c. strong coffee for Mocha fondant.

The Home Guide
(Continued from page 4)

10. Is hot water furnished the year around?
11. If a house, have it understood who is to pay the water-tax?
12. See that any special agreements are written into the lease.
13. See that all repairs and decorating agreed upon are made if possible before moving in, or before paying a full month's rent in advance.
14. If the place in view is rented, will any furniture have to be stored?
15. Is there an attic (if a house)?
16. Are there windows in the attic, if any?
17. Are ceilings in good condition; do floors or walls need refinishing, window shades or sashes repaired, etc?
18. Do the doors shut properly?
19. Are all window cords in good condition?
20. Are gas burners, tips, keys, globes or other lighting fixtures present and in order?
21. Are all faucets in proper condition? Altho perhaps, all of these points are not of equal importance to all home-seekers they ought to serve the purpose of jogging the mind of the prospective renter and helping to protect him against having "something put over on him."

Home Economics in New Zealand
(Continued from page 7)
vided into four institutions, one at Auckland including the schools of law and liberal arts, one at Wellington, which in-

Story County Trust & Savings Bank
Ames, Iowa

THE IOWA HOMEMAKER

THAT CHRISTMAS DINNER
and dance will mean more to you if your feet are comfortable. If you have foot troubles see the Chiropodist at the
MARINELLO COMFORT SHOP
Commercial Bank Bldg. Phone 1252