

# **RECIPE FOR MAKING SOFT CANDY**

In making this candy I use an ordinary enameled saucepan or preserving pan, and into this I put 15lbs. of sugar (cane sugar, white crystals), and three quarts of water, hot for preference. This I put over a clear, strong, fire, and stir until the sugar is quite dissolved. When it begins to boil I draw the pan aside for a moment, so that whilst it continues to boil slowly, I may be able to take off the scum and all impurities. The spoon which I used for stirring, being no longer required, is also removed. This done, I return the sugar to the strong fire, and leave it to boil as fast as possible, without stirring for about twenty minutes. Then, to ascertain whether it is finished or not, I take a bowl of cold water in my left hand, dip the forefinger of my right hand first in the cold water, next in the boiling sugar, and then again in the cold water, and with the sugar adhering to my forefinger, I try to make a soft ball like a piece of putty ready for use. More time is required to describe than to carry out these operations. They ought not to take more than two or three seconds. The forefinger must be kept curved whilst dipping it into the boiling sugar and a little skill and courage are required to do it for the first time, although it is not difficult at all. A sugar-boiling thermometer would be a convenient substitute. If with the sugar adhering to my forefinger I have not been able to make the ball mentioned above, the sugar must be boiled a little longer. If, on the contrary, I have been able to make it, no more boiling is necessary. Now I pour in about 5 lbs. of honey (about 5 ozs. per lb. of sugar,) which I had ready at hand. The mixture must be boiled for one or two minutes, but great care must be taken not to let it overflow, as honey is apt to rise quickly like milk. I find that adding a little piece of butter of the size of a hazel

nut, often causes it to settle down, but not always. After boiling for a minute or two, as said, I take the saucepan off the fire and medicate with Naphthol Beta, two tablespoonfuls of the "Guide Book" solution for 20 lbs., mixing it well in. Then to cool the mixture I pour it out into a square tin, 21 by 15 inches, and in one of this size 20 lbs. should cool sufficiently in about an hour, or in less time, if the vessel is placed in cold water. During the cooling process I do not stir; note this well, for if stirred the candy would be sandy and rough in grain. When the sugar has cooled down to such a degree that I can keep my finger in it for half a minute, without scalding, then only do I begin to stir, and I continue to do so, till the candy becomes white and hard. It is now finished, but in order to transfer it to suitable moulds I must warm it again, and I put it all into a milk pan, which fits on to a boiler containing hot water. There the candy gets more or less liquid, like cream, and an occasional stir must be given to dissolve all lumps. When uniformly dissolved and sufficiently hot (say about 204 or 205 degrees F.) I pour it into plates or boxes, and allow it to cool. The candy, if stored in a dry, cool room, will keep soft for years. If, by accident, the sugar has been over-boiled, in which case it breaks when tested instead of rolling up into a soft ball,) I add a little water to it, and boil again to the proper point. As a preventive of overboiling the sugar may be taken off the fire while being tested. Also, to prevent mishap, it is not well to fill saucepan used for making the candy more than half full. Let it be remarked that the honey is to be boiled thoroughly, and not merely mixed with the sugar. I have toiled a good deal in trying to find out this recipe, my intention being to make a bee candy which, while approaching as nearly as possible to the natural food,

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