

- ◎ CANDY
- ◎ Guide to Good Food textbook
- ◎ Chapter 23, page 421
- ◎ Number 1 Rule
- ◎ Follow directions exactly
 - Use exact temperatures and cooking time indicated in recipe
 - Candy tends to not turn out if directions are not followed
 - Most candies are cooked
- ◎ Kinds of Candy
- ◎ Crystalline candies
 - A cooked candy
 - Contain fine sugar crystals
 - Taste smooth and creamy
 - Examples: fudge, fondant, divinity
- ◎ Kinds of Candy
- ◎ Noncrystalline candies
 - Do not contain sugar crystals
 - Tend to be chewy or brittle
 - Examples: caramels, peanut brittle, toffee
- ◎ Principles of Candy-making
- ◎ All cooked candies start with a sugar syrup
 - Sugar mixed with a liquid and heated
- ◎ Crystalline candies
 - Sugar syrup needs to form small, fine crystals
 - Sugar syrup heated to specific temps
 - Cooled to specific temp and beaten vigorously
 - Poor quality crystalline candy is grainy
- ◎ Principles of Candy-making
- ◎ Noncrystalline candies
 - Do not want sugar syrup to form crystals
 - To prevent crystal formation:
 - Heat syrup to very high temp
 - Add a substance like corn syrup, milk, cream, or butter to interfere with crystal formation
 - Or do both
 - High quality noncrystalline candy may look foamy
 - Principles of Candy-making
- ◎ Recommendations for either type:
 - A candy thermometer
 - Clip to side of pan
 - Heavy saucepan to prevent scorching
 - If recipe asks for double boiler, use one
- ◎ Microwaving Candy
- ◎ Works to melt chocolate, caramel, marshmallows, etc. for use in recipes

- ◎ May melt more smoothly with less scorching in microwave
- ◎ Some candies can be made completely in microwave if use microwave recipes
- ◎ Temperatures
- ◎ Soft-ball stage
 - a specific temperature range when cooking sugar syrups, occurs at 235-245 degrees
 - determined by dropping a spoonful of hot syrup into a bowl of very cold water
 - in the water, use your fingers to gather the cooled syrup into a ball
 - if it has reached soft-ball stage, the syrup easily forms a ball while in the cold water, but flattens once removed from the water
- ◎ Temperature
- ◎ Hard-ball stage
 - a specific temperature range when cooking sugar syrups, occurs at 250-266 degrees
 - determined by dropping a spoonful of hot syrup into a bowl of very cold water
 - in the water, use your fingers to gather the cooled syrup into a ball
 - if hard-ball stage has been reached, the syrup will hold its ball shape and deform only slightly with very firm pressure, the ball will be quite sticky to the touch
 - Temperature
- ◎ Soft-crack stage
 - Soft-crack stage refers to a specific temperature range when cooking sugar syrups, occurs at 270-290 degrees
 - determined by dropping a spoonful of hot syrup into a bowl of very cold water, remove the candy from the water and pull it apart between your fingers
 - has been reached when the syrup forms firm but pliable threads
 - commonly including toffees, brittles, and butterscotch
 - Often candies cooked to soft-crack stage have caramelized sugar flavor & a hard, pleasingly crunchy texture
 - Temperature
- ◎ Hard-crack stage
 - Hard-Crack Stage refers to a specific temperature range when cooking sugar syrups, occurs at 300-310 degrees
 - determined by dropping a spoonful of hot syrup into a bowl of very cold water, remove the candy from the water & attempt to bend it
 - if hard-crack stage has been reached, the syrup will form brittle threads in the water, and will crack if you try to mold it
- ◎ Review
- ◎ Complete To Review question 15 page 425
- ◎ Write out and define the following To Know vocabulary terms from page 425:
 - Crystalline candy

- Noncrystalline candy
- Sugar syrup