

SWEET AND SOUR CANDIES

INGREDIENTS:

FOR CANDY:

2 cups granulated sugar
2/3 cup light corn syrup
3/4 cup water
1 dram (1 tsp) LorAnn Oils Super-Strength Natural Lemon Oil
6 to 8 drops LorAnn Oils Yellow Liquid Food Coloring
1/2 tsp LorAnn Oils Citric Acid

FOR COATING:

1/2 cup super-fine sugar (or granulated sugar pulsed in a food processor)
1/4 tsp LorAnn Oils Citric Acid

EQUIPMENT:

Candy Thermometer



DIRECTIONS:

1. Line a cookie sheet/jelly roll pan with foil and lightly oil or spray with non-stick cooking spray, such as PAM®.
2. In a 2-quart saucepan, mix together sugar, corn syrup, and water. Stir over medium heat until sugar dissolves.
3. Insert candy thermometer, making certain it does not touch the bottom of the pan. Bring mixture to a boil without stirring.
4. Early in the cooking process, “wash down” any sugar crystals that form on the sides of the pan with a wet pastry brush.
5. Continue to cook the syrup without stirring. Remove from heat precisely at 300°F.
6. Cool mixture to 265°F, then stir in the LorAnn Oils Yellow Liquid Food Coloring, LorAnn Oils Natural Lemon Oil, and LorAnn Oils Citric Acid.
7. Carefully pour hot syrup onto the prepared cookie sheet. As the sugar mixture begins to set, score bite-sized squares with a large knife. (If candy has hardened too much, place in a 185°F oven for a few minutes to soften.)

8. Once candy is completely cool, cover scored slab with a piece of wax paper and use the heel of a large knife to break into pieces.
9. In a small bowl, stir together coating ingredients. Toss lemon drops in coating and shake off excess. Store candy in an airtight container in a cool, dry place. Do not refrigerate.

Note: Before making candy, it's always a good idea to test the accuracy of your thermometer. To do this, fill a pot of water and clip on the thermometer. Bring the water to a boil. At sea level, water boils at 212°F; if the reading on your thermometer is higher or lower, take the difference into account when testing the temperature of your sugar syrup. Have all ingredients and tools assembled and within easy reach of the stove. Metal spoons and measuring utensils are recommended.