

## CHAPTER VIII

### SWEETS BOILED FROM 240° TO 300°, INCLUDING TOFFEES, TABLETS, CANDIES, AND CARAMELS

#### Cocoa-nut Tablet (Simple Way).

##### Ingredients—

2 lb. castor sugar.		1 teaspoonful butter.
1 breakfast-cup water.		$\frac{1}{4}$ lb. desiccated cocoa-nut.

*Method.*—Put sugar and water into a pan and dissolve slowly. When boiling, add the butter and cocoa-nut. Boil to 240°, then remove from fire and pour into well-greased tins. Beat with a fork till it becomes white and sugary, and stop beating just as it sets.

Cut up into bars when cold and wrap each piece in wax paper.

#### Cocoa-nut Ice.

##### Ingredients—

2 lb. castor sugar.		1 teaspoonful butter.
$\frac{1}{2}$ pint water.		$\frac{1}{4}$ lb. desiccated cocoa-nut.
2 tablespoonfuls fondant.		1 teaspoonful lemon juice.
		Pinch cream of tartar.

*Method.*—Dissolve sugar in water, add cream of tartar and boil up, then remove scum. Add cocoa-nut and boil to 240°. Remove pan from fire and stir in the fondant moistened with the lemon juice. Stir till the mixture becomes quite white, then pour on to slab between greased candy bars or into well-oiled tins.

Melt down some French fondant No. 1 or No. 2, colour pink, and flavour with either cocoa-nut, vanilla, or rose, and

run this thinly on surface of ice. When quite set, cut up into bars with an old dinner-knife and wrap in wax paper.

This toffee should be marked or "creased" when half set.

#### Brown Cocoa-nut Tablet.

##### Ingredients—

1 $\frac{1}{2}$ lb. brown sugar.		$\frac{1}{2}$ pint water.
$\frac{1}{2}$ lb. granulated sugar.		1 cocoa-nut.

*Method.*—Bore cocoa-nut at eyes and extract milk, then shell nut and cut up fleshy white part into thin shavings, leaving on brown skin.

Put sugar and water into pan and add milk of cocoa-nut. Dissolve in usual way, and when it boils add cocoa-nut and continue boiling to 240°.

Remove from fire and beat syrup in pan till it becomes grained, then pour on to oiled slab between candy bars, and when set and cold cut up into strips.

#### Saragossa Candy.

##### Ingredients—

1 lb. granulated sugar.		2 oz. ground nuts.
1 dessertspoon glucose.		Yellow colouring.
1 gill water.		1 dessertspoon maraschino.
		1 dessertspoon fondant No. 1.

*Method.*—Put sugar into a pan with water and glucose and boil to 240°. Then add nuts and colour. Add fondant and beat till cloudy; add maraschino just before pouring out on to oiled slab.

#### Lemon Tablet.

##### Ingredients—

1 lb. castor sugar.		Lemon yellow.
1 $\frac{1}{2}$ gills water.		Lemon essence.
1 dessertspoon glucose.		Citric acid.

*Method.*—Boil sugar, water, and glucose to 240°. Add colouring, essence, and a few crystals of citric acid. Beat

till cloudy, then pour out between candy bars and cut up in usual way.

### Ginger Tablet.

#### Ingredients—

1 lb. castor sugar.	2 oz. preserved ginger.
1½ gills water.	Brown colouring.
Pinch cream of tartar.	Ginger essence.

*Method.*—Boil sugar, water, and cream of tartar to 240°. Cut up ginger into small dice and add to syrup along with colouring and essence. Grain the syrup and pour out on to oiled slab.

### Tangerine Tablet.

*Method.*—Make tablet according to previous recipe, substituting one tablespoonful tangerine marmalade for ginger, and flavouring with tangerine essence. Colour with orange yellow.

### Fig Tablet.

#### Ingredients—

1 lb. brown sugar.	½ lb. figs.
1½ gills water.	1 teaspoonful butter.

*Method.*—Dissolve sugar in water and add butter when boiling. Chop up figs and add them. Boil all to 240°, then remove from fire. Grain the syrup and pour into well-oiled tins.

### Tutti-Frutti Tablet.

#### Ingredients—

1 lb. castor sugar.	½ lb. mixed crystallized
1½ gills water.	fruits and nuts.
	Vanilla essence.

*Method.*—Dissolve sugar in water, remove scum and boil to 240°. Chop nuts and fruits and add them along with essence to taste. Grain the syrup and pour into oiled tins.

### Helensburgh Toffee.

#### Ingredients—

2 lb. granulated sugar.	1 teacup water.
¼ lb. butter.	Vanilla essence.
	1 tin Swiss milk.

*Method.*—Melt butter and add to it sugar and water. Allow all to boil for ten minutes, then add Swiss milk and stir vigorously till it boils and for ten to fifteen minutes longer. Remove from fire, add vanilla, and pour on to greased slab or into buttered tins.

### Everton Toffee.

#### Ingredients—

1 lb. granulated sugar.	Pinch cream of tartar.
4 oz. butter.	1 gill of water.

*Method.*—Put butter into pan and melt it; then add sugar and water, and dissolve sugar slowly. Boil up to 300° and pour on to well-oiled slab. Mark it neatly into squares before quite set, and break at marks when cold.

### Everton Toffee (another Method).

#### Ingredients—

1 lb. granulated sugar.	A few drops of lemon juice.
1½ gills water.	3 oz. butter.

*Method.*—Dissolve sugar slowly in water, then bring to boiling point and remove scum. Boil to 270°. Remove from fire, add butter (cut up in small pieces) and lemon juice.

Boil up to 300° and then remove pan from fire, completing the process as described in previous recipe.

### Barley Sugar.

#### Ingredients—

1 lb. granulated sugar.	Zest and juice of half lemon.
½ doz. pieces loaf-sugar.	Lemon-yellow colouring.
	1½ gills water.

*Method.*—Rub lumps of sugar on lemon to remove zest.

Put lump and granulated sugar into a pan, add water, and dissolve sugar very slowly.

When syrup is perfectly clear boil to 270°, then add lemon juice and colouring. Boil to 300° and then pour on to an oiled slab, and leave till slightly cooled. Cut in even strips and twist.

Place on wax paper, and when cold lay past in air-tight bottles or tins, as it rapidly spoils when exposed to the air.

### Russian Toffee (Wrapped).

#### Ingredients—

1½ lb. sugar.	1 teacupful red currant or apple
½ lb. butter.	jelly.
1 teacupful cream.	2 teaspoonfuls cocoa.
	Vanilla essence.

*Method.*—Melt butter and add all other ingredients except essence. Boil for twenty-five minutes, stirring as little as possible. When a drop cooled on slab cuts clean with a knife, pour into oiled tins and mark with an oblong cutter. Turn out when cold and break into neat pieces, wrapping each in wax paper.

### Russian Toffee (with Swiss Milk).

#### Ingredients—

3 oz. butter.	2 teacupfuls sugar.
2 tablespoonfuls syrup.	1 tin condensed milk.
	Vanilla essence.

*Method.*—Stir the ingredients till they have boiled for twenty minutes. Add essence and pour into oiled tins.

### Brown Walnut Toffee.

#### Ingredients—

1 lb. brown sugar.	1 gill water.
½ lb. syrup.	Cream of tartar.
1 oz. butter.	3 oz. chopped walnuts.

*Method.*—Put into pan the water, sugar, syrup, cream of

tartar, and butter. Boil syrup to 280° then add nuts, and pour on to oiled slab.

If liked, this toffee can be rolled into long sticks, cut in ½-inch lengths, and each piece wrapped in waxed paper.

### Edinburgh Rock.

#### Ingredients—

1 lb. granulated sugar.	Flavour and colouring.
1½ gills water.	A good pinch cream of tartar.

*Method.*—Dissolve sugar in water and add cream of tartar. Carefully remove all scum and boil to 262°. Pour on to oiled slab or on to oiled dish. Add colour and flavour, and as it cools turn over with a knife to ensure regular cooling. When cool enough to handle, rub fingers slightly with salad oil and proceed to pull the candy for about a quarter of an hour.

The pulling may be done over a candy hook or with the hands, as preferred. Whilst pulling, drop a little piece into cold water and taste to see if sufficiently flavoured.

After sugar is sufficiently pulled, draw it out into stalks and cut into required lengths.

Place on wax paper on tray and lay aside for a day, when the rock should, if properly pulled, be powdery and granulated to the centre. Lay aside in air-tight tins.

#### Suggested Colours and Flavours—

Peppermint—white.	Cinnamon—pink.
Ginger—brown.	Lemon—yellow.

### Molasses Candy.

#### Ingredients—

½ pint syrup or American molasses.	1 tablespoonful butter.
½ lb. brown sugar.	¾ gill water.
	1 teaspoon vinegar.

*Method.*—Put sugar, water, syrup, and butter into pan. When dissolved add vinegar. Boil to 280°. Pour on to oiled slab, and when cool enough pull and shape into stalks.