Milk Made Candies
Candy is wholesome food when eaten at the right time. Its high sugar content provides food energy. However, candy should not be eaten in excess or so as to interfere with appetite at mealtime, but rather as a part of and at the end of a meal, or occasionally between meals as a delightful refreshment. Used in this way candy is wholesome food.

Candy is made more nourishing by the addition of ingredients such as milk, fruits or nuts. These are protective foods and even in the amounts used in candy add some valuable protein, minerals and vitamins which aid body building and promote general well-being.

Evaporated Milk Is Ideal for Candy Making

Candy made with evaporated milk is extra rich in milk nutrients and is superbly creamy and fine textured. It is easy to see why. To make evaporated milk, good whole milk is first concentrated to half its original volume by evaporation of part of the natural water content of the milk. To each pint of evaporated milk is added 400 USP units of vitamin D, which helps to assure the best use of the milk minerals, calcium and phosphorus. Since evaporated milk is used just as it pours from the can in candy making, it contributes twice as much milk nourishment to candies.

Then in the preparation of evaporated milk, the milk is homogenized. This means that the butterfat globules are broken up into minute particles and dispersed evenly through the milk, giving it a cream-like consistency. Because of its concentration and its creamy character, evaporated milk imparts to candies a fine rich flavor and superbly smooth texture. Too, candy made with evaporated milk cooks in less time because more than half the original water has been removed from the milk.
Evaporated Milk for Every Milk Use

Though evaporated milk is superior for candy making, that is just one of its uses. Being good whole milk—concentrated, homogenized, fortified with vitamin D, sealed in cans and heat sterilized for safety and safe-keeping—evaporated milk serves all milk needs. For drinking—for cooking—for infant feeding, evaporated milk is both convenient to use and generally costs less than any other whole milk.

For drinking or wherever milk is called for in a recipe, evaporated milk mixed with an equal amount of water serves that purpose perfectly. Just as it pours from the can, evaporated milk is used on fruits and cereals, in coffee or tea, and to put more milk into foods. When chilled icy cold, evaporated milk whips splendidly for use in frozen desserts and salads, fruit whips, bavarians and other gelatin desserts, for sauces and toppings.

Evaporated milk is readily available in every community—in every season. It is packed in two convenient sizes—the “tall” can (14 ½ avoird. oz.) which contains 1 ½ cups evaporated milk, and the small or “baby” size can (6 avoird. oz.) which contains ½ cup. Because evaporated milk is sterilized in the sealed can, it requires no refrigeration until after the can is opened.
Important Suggestions for Making Better Candies

There are two general types of candies—the crystalline type and the caramel type. In the crystalline candies, such as fudge, the sugar forms crystals. It is important that these crystals be very small, so small that they cannot be felt on the tongue. Otherwise a coarse granular texture is the result. The caramel type of candy needs to have "chewiness." And furthermore, the degree of chewiness needs to be just right. A caramel that just melts in the mouth without being too gummy is the texture desired. By following carefully the recipes and directions in this book you can readily achieve candies of rich flavor and perfect texture, the goal of every candy-maker.

1. Equipment. The size and kind of pan used in cooking candy are important. Enough room is allowed the mixture to cook without overflowing. A two-quart pan is used for all these recipes except caramels, which require a three-quart size. Any kind of pan can be used, but the candy will not stick as readily in a heavy metal pan as in a thin one. Aluminum, steel and copper pans are ideal for candy cookery. A wooden spoon is best to use for candy making. A candy thermometer is an aid in determining more accurately the temperature to which candy should be cooked.

2. Cooking. Mix ingredients and cook over low heat, stirring frequently, until sugar dissolves, then cook over medium heat, stirring constantly, until candy is done. The acid in brown sugar will often cause candy mixtures to curdle. This curdled appearance will usually disappear, however, after cooling and beating.

In using a thermometer to determine the temperature of the candy mixture, immerse the bulb completely but do not let it rest on the bottom of the pan. Since atmospheric pressure varies from time to time in the same locality, it is well to use in addition to a thermometer the "cold water" test. One soon learns to know the look and feel of the soft, firm and hard ball. For best results, follow directions given in each recipe in this book.

Note: Either beet or cane sugar can be used in these recipes. Both sugars give equally good results in all types of cookery.
THE COLD WATER TEST: Fill a small bowl with cold water. Remove candy from heat when making test so candy does not continue cooking. Allow small drops of candy to fall from spoon into cold water.

The **Soft Ball Stage** is reached when the drops can be gathered together in a ball that will just hold its shape, but which flattens on removal from the water.

The **Firm Ball Stage** is reached when the drops will form into a firm ball which does not flatten on removal.

The **Hard Ball Stage** is reached when the drops will form into a ball which is hard enough to hold its shape, yet is plastic.

The **Soft Crack Stage** is reached when the drops separate into threads which are hard but not brittle.

The **Hard Crack Stage** is reached when the drops separate into threads which are hard and brittle.

3. Cooling. Crystalline candy mixtures should be cooled thoroughly before beating if texture is to be fine. Cooling of hot candy mixtures is speeded up by setting the pan in cold water, changing water when it becomes warm. Do not stir or shake pan. When candy is sufficiently cool so that the hand may be held on bottom of pan with comfort (about 135° F.) it is ready to beat. Noncrystalline candies such as caramels contain a large amount of corn syrup and milk, and sometimes acid, which prevents crystal formation. These candies are poured into buttered pans just as soon as they stop bubbling after removal from heat. Such candies are not beaten, but when cool have a desirable chewy texture.

4. Beating and Kneading. Crystalline candy should be beaten vigorously. When beating is started, the cooled candy mixture is very stiff and has a shiny appearance. With continued beating, the candy grows lighter in color and loses its gloss because of the fine crystals being formed, and finally it suddenly softens. At this point, turn quickly into a buttered pan. If turned out at the right instant, it spreads easily over the pan and stiffens quickly. If it hardens before it is turned out, knead until smooth and press into the pan. Candy may be kneaded on a buttered bread board or on a marble slab. Kneaded candies may be stored in a tightly covered dish in a refrigerator to ripen. If allowed to stand 24 hours or longer, they may be used as cream centers for bonbons, fillings for fruits or nut sandwiches or nut balls. When ready to use, let kneaded candies stand at room temperature to soften for shaping easily.

**Correction for Altitude:** The candies in this book were tested in Chicago at 580 feet above sea level. For each additional 500 feet, decrease the temperature to which candy is cooked one degree. If you live at sea level, add one degree to the temperatures given in these recipes.
Chocolate Fudge

Grate or chop chocolate fine. Cook sugar, salt, chocolate, and milk slowly until sugar dissolves, stirring constantly. Then cook over medium heat to soft ball stage (235° F.), stirring all the while. Cool. Add butter and vanilla. Beat until fudge begins to stiffen. Add nuts and continue to beat until crystalline. Turn into buttered pan. Or knead until soft and plastic, and press into buttered pan to ½ inch thickness. Mark in squares. Makes 1 ¾ pounds.

Note: Chocolate Fudge may be made with cocoa instead of chocolate. Use ½ cup cocoa in place of chocolate. Mix cocoa thoroughly with sugar and salt, then proceed as above.

Marshmallow Fudge: Increase chocolate to 3 squares (3 ounces). Cook, cool and beat until fudge begins to stiffen. Add 1 cup marshmallows cut into bits and continue to beat until crystalline.

Peanut Butter Fudge: Add ½ cup peanut butter to fudge just as it is taken from heat. Cool and beat as above.

Cinnamon Fudge: Omit chocolate. In the last few minutes of cooking add ½ teaspoon cinnamon to fudge.

Two-Tone Fudge: A delicious and attractive layered combination can be made as follows. Make a recipe of Chocolate Fudge, turn into a buttered square pan and level top. Then make a recipe of Cinnamon Fudge and turn into pan to cover layer of Chocolate Fudge. Mark in squares. Let set until firm. Makes about 2 ½ pounds.

Quick Chocolate Fudge

Melt chocolate with milk over hot water and stir to blend thoroughly. Remove from heat. Sift in confectioners sugar and stir until cold and smoothly blended. Stir in nuts. Drop from a teaspoon onto waxed paper. Allow to harden 4 to 6 hours. Makes about 24 pieces.
Honey Fudge

Melt chocolate over hot water in the saucepan in which candy is to be cooked. Add sugar, salt and milk and cook over medium heat 5 minutes, stirring constantly. Add honey. Continue cooking over medium heat to soft ball stage (236° F.), stirring all the while. Cool. Add vanilla. Beat until candy begins to stiffen. Add nuts and beat until crystalline. Turn into buttered pan. Mark in squares. Makes 1 1/2 pounds.

Fruit Fudge

Cook milk, sugar and butter slowly until sugar dissolves, stirring constantly. Then cook over medium heat to soft ball stage (238° F.), stirring all the while. Cool. Add lemon juice, rind, and glazed fruit. Beat until crystalline. Turn into buttered pan. Mark in squares. Makes 1 1/2 pounds.

Glazed fruit mix such as for making fruit cake, or a combination of chopped glazed pineapple, candied cherries, finely chopped citron, candied orange and lemon peel may be used.

Pineapple Fudge

Combine milk, sugar and butter, and heat slowly to boiling point, stirring constantly. Add crushed pineapple that has been drained well, and cook over medium heat to soft ball stage (235° F.), stirring constantly to prevent burning. About 25 minutes are required for cooking. Cool. Add lemon juice. Beat until crystalline. Turn into buttered pan. Mark in squares. Decorate squares with pecan halves if desired. Makes 1 1/2 pounds.

Maple Fudge

Put all ingredients into saucepan and cook over medium heat, stirring constantly to blend maple sugar. Continue cooking to soft ball stage (235° F.), stirring all the while. Cool. Beat until crystalline. Turn into buttered pan. Mark in squares. Makes 1 1/4 pounds.
Mix sugar, salt, syrup, butter and milk thoroughly. Cook over medium heat to soft ball stage (237° F.), stirring constantly. Cool. Stir in vanilla and nuts. Beat until crystalline. Turn into buttered pan. Mark in squares. Makes 1\(\frac{1}{8}\) pounds.

**Cantonese Fudge:** After candy is cooled, add \(\frac{1}{4}\) cup finely cut candied ginger instead of nuts, then proceed as above.

**Cosmopolitan Fudge**

Melt chocolate over hot water in the saucepan in which candy is to be cooked. Add sugar, milk and salt. Cook over medium heat to soft ball stage (236° F.), stirring constantly. Cool. Add vanilla. Beat until fudge begins to stiffen. Add nuts, raisins and orange rind and continue to beat until crystalline. Turn into buttered pan. Mark in squares. Makes 1\(\frac{3}{8}\) pounds.
Cream Fondant

2 cups granulated sugar
1/2 teaspoon salt
1 tablespoon light corn syrup
1 cup evaporated milk


Vanilla Cream Fondant: After fondant is kneaded smooth and plastic, add 1/2 teaspoon vanilla extract and knead just to distribute flavoring. Let ripen.

Maple Cream Fondant: After fondant is kneaded smooth and plastic, add 1/2 teaspoon imitation maple extract and knead just to distribute flavoring. Let ripen.

Fondant Stuffed Fruit and Nuts: To prepare prunes for stuffing, pour boiling water over prunes to cover and let stand to plump and soften. Pat prunes dry with a paper towel. Cut prunes down one side and remove pits. Let fondant soften at room temperature. Knead slightly and cut off pieces. Shape and fill into pitted prunes. For dates, remove pits and fill with fondant. Put halves of pecans or English walnuts together sandwich-style with fondant filling.

Fondant Nut Balls: Roll balls of fondant in chopped filberts or other chopped nuts.
**Coffee Creams**

Dissolve coffee in the water. Mix thoroughly with sugar and milk. Cook slowly, stirring constantly, until sugar is dissolved. Then cook over medium heat to soft ball stage (238° F.), stirring all the while. Cool. Add butter and beat until crystalline. Turn onto a buttered board or marble slab and knead until smooth. Press into buttered pan. Mark in squares. Makes about 1 pound.

**Orange Creams**

Melt the butter in the saucepan in which candy is to be cooked. Add milk and sugar and stir to blend. Cook over medium heat to soft ball stage (235° F.), stirring constantly. Cool. Then stir in orange juice and rind. Beat until crystalline. Turn into buttered pan. Mark in squares and press a pecan half in top of each if desired. Makes about 1 pound.

*Orange Coconut Creams:* After candy is cooled, stir in 1/2 cup finely cut shredded coconut with the orange juice and rind, then proceed as above.

*Orange Nut Creams:* After candy is cooled, stir in 1/2 cup chopped nuts, then proceed as above.
Cream Pralines

Mix all ingredients thoroughly. Cook over medium heat to soft ball stage (236°F.), stirring constantly. Cool slightly, then beat until mixture begins to thicken. Drop candy rapidly from a tablespoon onto waxed paper or a buttered baking sheet to form patties. If candy becomes too stiff at the last to drop into smooth patties, stir in a little hot water. Makes 20 patties 2 1/2 inches in diameter.

Mexican Orange Candy

Place the 1 cup of sugar in the saucepan in which candy is to be cooked. Place over medium heat and stir occasionally until sugar begins to melt. Then stir constantly until all sugar is melted and deep golden brown in color. Add boiling water to the caramelized sugar and cook to smooth syrup, stirring constantly. Add the 2 cups sugar, milk and salt and cook over medium heat to soft ball stage (236°F.), stirring all the while. Add orange rind. Cool. Stir in nuts. Beat until crystalline. Drop from a teaspoon onto waxed paper. Makes 1 3/4 pounds.

Mallow Squares

Roll graham crackers fine and reserve 1/2 cup crumbs. Cut marshmallows in eighths. Mix marshmallows with dates, nuts and all but the 1/2 cup crumbs. Add milk and blend well. Spread the 1/2 cup crumbs in a square 9-inch layer cake pan. Roll mixture in the crumbs. Press to fit the pan. Chill, then cut into squares. Makes 36 1 1/2-inch squares.

Date Nut Roll

Cook sugar and milk over medium heat to soft ball stage (235°F.), stirring constantly. Add dates and cook to soft ball stage (236°F.), stirring all the while to blend dates. Add nuts. Cool. Turn into buttered pan. Knead until creamy and stiff. Shape in a roll. Wrap in waxed paper or aluminum foil and chill, then slice. Makes 1 1/2 pounds.
Coconut Cones

Melt butter and keep over heat until a deep golden brown. Blend in sugar and milk. Gradually work in the coconut which has been cut fine. Drop from a teaspoon onto a buttered baking sheet or onto waxed paper. When cold, shape into cones with the fingers. Makes about 36 pieces.

Chocolate Coconut Cones: If desired, the bottoms of Coconut Cones may be dipped. Melt 1/2 cup semisweet chocolate bits in a small container over hot, not boiling, water. Remove from heat. Mix until smooth and free from lumps. When the temperature of the chocolate drops to 90°-95° F., on a candy thermometer (or about 3 to 5 minutes after mixing), twirl the bottoms of the Coconut Cones in the chocolate and place on a cooling rack that has been covered with waxed paper. Let set until chocolate hardens.

1/4 cup butter
2 cups confectioners sugar
1/4 cup evaporated milk
3 cups moistened shredded coconut, cut fine
(2 4-ounce cans)
Caramel Apples

Select small apples, free from blemishes. Wash and dry thoroughly and stick on wooden skewers. Put sugar, syrup and ½ cup of the evaporated milk in a large heavy kettle. Stir to blend well. Heat slowly until sugar is dissolved, stirring constantly. Then cook briskly to a thick syrup, stirring all the while. Add remainder of milk slowly, keeping mixture boiling briskly, and cook to firm ball stage (242° F.), stirring constantly to prevent scorching. Remove from heat and let stand until caramel stops bubbling. Working quickly, dip apples, one at a time, in caramel and twirl to get rid of surplus coating and make smooth. Place on heavy waxed paper to set. If coating becomes too hard for dipping, add a little evaporated milk and reheat, stirring to keep smooth. The caramel should be kept quite hot so that coating will not be too heavy. Makes 15 to 20 caramel apples.

To decorate skewers: Wind skewers with narrow colored Scotch tape before skewering apples.

15 to 20 apples
2 pounds granulated sugar (4 cups)
Scant cup light corn syrup
2 2/3 cups evaporated milk

Select small apples, free from blemishes. Wash and dry thoroughly and stick on wooden skewers. Put sugar, syrup and ½ cup of the evaporated milk in a large heavy kettle. Stir to blend well. Heat slowly until sugar is dissolved, stirring constantly. Then cook briskly to a thick syrup, stirring all the while. Add remainder of milk slowly, keeping mixture boiling briskly, and cook to firm ball stage (242° F.), stirring constantly to prevent scorching. Remove from heat and let stand until caramel stops bubbling. Working quickly, dip apples, one at a time, in caramel and twirl to get rid of surplus coating and make smooth. Place on heavy waxed paper to set. If coating becomes too hard for dipping, add a little evaporated milk and reheat, stirring to keep smooth. The caramel should be kept quite hot so that coating will not be too heavy. Makes 15 to 20 caramel apples.

To decorate skewers: Wind skewers with narrow colored Scotch tape before skewering apples.
Cream Caramels

2 cups granulated sugar
Few grains salt
2 cups light corn syrup
1/2 cup butter
1 1/2 cups evaporated milk
(1 tall can)
1 teaspoon vanilla extract

Cook sugar, salt and syrup rapidly to firm ball stage (245° F.), stirring occasionally. Add butter and milk gradually so that the mixture does not stop boiling at any time. Cook over medium heat to firm ball stage (242° F.), stirring constantly because the mixture sticks easily at the last. About 25 minutes are required for cooking. Add vanilla. Let caramel stand until mixture stops bubbling, then pour into a buttered pan. Cool at room temperature, then place in refrigerator until caramel hardens. Remove from refrigerator, invert pan and loosen caramel by applying cloth wrung out in hot water to bottom and sides of pan. Lift edges of caramel with table knife or spatula and turn onto cutting board. Cut with a heavy, sharp knife using a saw-like motion. Makes 2 pounds.

Note: 242° F. is the ideal finished temperature for caramels. 240° F. makes a very soft caramel that does not hold its shape very well, while 245° F. makes quite firm ones.

Nut Caramels: Add 1/2 cup pecan or walnut halves just before pouring caramel into pan to cool.

Coffee Caramels: Dissolve 1 tablespoon soluble coffee in 1/4 cup boiling water. Add to syrup mixture gradually with the butter and milk, then proceed as above.

Chocolate Caramels: Use 3 squares (3 ounces) unsweetened chocolate. Melt chocolate over hot water in the saucepan in which the candy is to be cooked. Add sugar, salt and corn syrup, then proceed as above.

Ribbon Caramels: Make a recipe of Cream Caramels, and a recipe of Chocolate Caramels. After caramels have cooled in buttered pans to room temperature, loosen caramel layers with table knife or spatula and turn onto wooden board. Place a layer of Chocolate Caramel atop the Cream Caramel and press together. Then place in refrigerator to harden before cutting.

Fondant Ribbon Caramels: Make a recipe of Cream Caramels or one of the variations. When caramel mixture stops bubbling, pour equal amounts into 2 buttered 8-inch pans. After caramel has cooled to room temperature, loosen caramel layers with table knife or spatula and turn onto wooden board. Press a layer of fondant over a layer of caramel and cover with a second layer of caramel. Then place in refrigerator to harden before cutting.
2 cups granulated sugar
1 1/2 cups light corn syrup
1/4 teaspoon salt
1 tablespoon vinegar
1/2 cup evaporated milk

Mix sugar, syrup, salt and vinegar thoroughly. Cook slowly until sugar is dissolved, stirring frequently. Then pour milk in slowly, keeping candy boiling all the while. Cook over medium heat to firm ball stage (248°F), stirring constantly. Pour into buttered pan.

When cool enough to handle, pull until candy is light and no longer sticky to the touch. Lay out on waxed paper or buttered pan. Cut with scissors. Wrap in waxed paper. Makes about 2 pounds.

Brown Sugar Taffy: Use 1 pound brown sugar in place of the 2 cups granulated sugar.

Cocoa Taffy: Mix 1/2 cup cocoa with the sugar and cook with the syrup, salt and vinegar, then proceed as above.

Molasses Taffy: Omit corn syrup and use 1 cup molasses.

Peppermint Taffy: Make a recipe of Vinegar Taffy. When taffy is cooked, remove from heat. When mixture stops bubbling, add 1/2 teaspoon peppermint extract and mix well. Pour taffy syrup into a measuring cup to the 1/2 cup level. Pour remaining taffy syrup into a lightly buttered pan. Add 6 to 8 drops of red food coloring to the 1/2 cup syrup and mix well. Pour this colored syrup into a small lightly buttered pan and allow to cool. Pull when cool enough to handle and set aside on a piece of waxed paper. When remainder of taffy is cool enough to handle, divide in halves and pull each half until light in color and no longer sticky to the touch. Lay each half on a piece of waxed paper and pull into a rope of even thickness. Take half of the colored taffy, lay it on top of the white taffy and pull the two together. Cut with scissors. Wrap in waxed paper.
Caramel Popcorn Balls

After corn is popped, keep hot and crisp in slow oven (300° F.) while caramel coating is being prepared. Mix sugar, syrup, salt and vinegar thoroughly. Cook slowly until sugar is dissolved. Then cook briskly until soft crack stage is reached (280° F.). Remove syrup from heat. Take popcorn from oven and put in a large mixing bowl. Return syrup to heat and bring to a boil. Stir in milk slowly, keeping candy boiling all the while. Cook candy over medium heat to soft crack stage (280° F.) again, stirring constantly. Pour immediately over popcorn. Stir quickly while pouring so that all the popcorn will be well coated. Moisten hands with cold water so mixture will not stick to hands, and form popcorn into balls immediately. Makes about 20 balls 2½ inches in diameter.

Butterscotch

Mix ingredients thoroughly. Cook over medium heat until sugar is dissolved, stirring constantly. Continue cooking to the hard ball stage (256° F.), stirring all the while. Remove from heat and let stand only until mixture stops bubbling. Pour only the candy that will flow freely without scraping into a buttered pan. Let stand about 1½ to 2 hours at room temperature until candy is cool enough to handle. Turn onto a cutting board. Cut into squares with a heavy sharp knife using a saw-like motion.
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