Sous Vide Gummies for the Whole Family

Ingredients

21 g	*Knox gelatin*
42 g	*Water, cold*
130 g	*Fructose*
130 g	*Corn syrup*
3.6 g	*Tartaric acid, plus 20 g for optional coating*
0.4 g	*Essential oil, any flavor*
-	*Food coloring, liquid or powdered, as needed*
75 g	*Cornstarch, for coating, optional*
25 g	*Powdered sugar, for coating, optional*

Equipment

- *Sous vide setup*
- *Digital scale*
- *Fine-mesh sieve*
- *Pint-sized mason jar*
- *Jar lifter (optional)*
- *Digital instant-read thermometer*
- *Wide-tipped squeeze bottle*
- *Hemisphere silicone mold (optional)*
- *Baking sheets (2)*
- *Blender (optional)*
- *Pastry brush (optional)*

Timing

20 min active; 6–12 hr total

Yield

About 35 li'l gummies

Before We Begin

Why use sous vide to make candy?
When it comes to gummy candies, sous vide seriously means set it and forget it. If you're cooking gummy candies on the stovetop, you have to stir the mixture frequently, which means more work, not to mention decreased clarity in the final product.

Whoa, whoa, whoa. Fructose sounds scary. What is it?
Fructose is the sweetest common naturally occurring sugar. It can be found in fruits, vegetables, honey, high-fructose corn syrup, and even in sucrose (table sugar), which is made up of a fructose and a glucose molecule. You can use it alone or in combination with other sweeteners to make a bunch of different dishes.

Why can't I use all corn syrup instead of fructose *and* corn syrup?
Different sugars have different levels of sweetness. Corn syrup is less immediately sweet than other sugars, peaks at about half the intensity of sucrose, and has a lingering sweetness. We prefer the taste of a combination of fructose and corn syrup.

Do I have to use Knox gelatin?
Knox powdered gelatin is easy to find and easy to use. However, if you're interested in using sheet gelatin, you can. We recommend using 21.5 g of a 220 bloom gelatin sheet. Simply place your sheet gelatin in the water and let hydrate.

What does tartaric acid do for this recipe? Why use it in the coating?
Tartaric acid is an organic acid that naturally occurs in plants. We use it in this recipe to give our gummies that sour taste. Mixed with the sugar as a coating, it creates a sweet-and-sour kick. If you aren't a fan of sour, leave it out of the coating at the end. If you can't find tartaric acid, citric acid is a great replacement.

How else do you get flavor in these gummies?
You can amp up or tone down the sour flavor in these gummies by dialing in the amount of tartaric acid. More or less acid won't affect the gummies' texture, so it's really about personal taste. We also developed interesting flavors using different essential oils. During our tests of this recipe, we tried grapefruit, celery, Douglas fir, and pineapple—which were all fantastic.

Where do you get the essential oils you use in these gummies?
We use essential oils from Aftelier Perfumes' Chef's Essences® for all of these gummies.

What kind of molds should I use?
You can use whatever molds you like! Different molds will give different shapes—and all of them will work with this recipe. This recipe was developed using these molds and these molds. Oh, and these are fun too.

Okay, I'm sold. I want to make all my candy at home!
Why don't you head right over here?

1 Heat Joule to167 °F / 75 °C

Use a pot big enough to allow you to completely cover a pint-sized mason jar with water.

21 g *Knox gelatin*
42 g *Water, cold*

2 Bloom gelatin

Put the water in a bowl and sprinkle the powdered gelatin over it. Quickly mix to ensure all of the gelatin is dissolved.
We recommend sprinkling the gelatin on top of the liquid rather than the other way around. Adding the powdered gelatin to the water will allow it to disperse and absorb liquid more evenly. Conversely, pouring the water over the gelatin will most likely result in lumps of dry granules. This happens because some of the gelatin swells in size as it absorbs the liquid, preventing it from reaching the rest of the gelatin.

Allow the mixture to rest for one minute to make sure it has fully bloomed.

130 g *Fructose*
130 g *Corn syrup*

3 Combine fructose and corn syrup

We want to end up with a total of 247 g of fructose and corn syrup, so we are going to weigh out a bit extra to make up for any potential loss.
Sift the fructose into a bowl to get rid of any lumps. Add corn syrup to the same bowl, and mix with a rubber spatula to thoroughly combine.

Place the mason jar on a scale, tare it, and add 247 g of the mixture to the jar.

4 Add bloomed gelatin

Pour the gelatin on top of the fructose and corn syrup in the mason jar.

5 Close jar lid fingertip tight

Place a lid on the mason jar and twist the lid until it's closed but still possible to open with your fingertips. This allows air to escape from the jars when they're submerged in water. If the jars are closed too tightly, the trapped air will press against the glass and could crack or break the jars.
Here's our foolproof way to master the art of closing jars "fingertip tight." Place the lid on top of the jar, then twist the band to tighten using just your fingertips. When you begin to feel resistance, twist once in the opposite direction to loosen, then once more in the original direction to tighten.

6 Cook for one hour

Place the jar carefully into the water, making sure the jar is completely covered, and cover the pot with plastic wrap.
Cook for one hour. It's okay if you leave the jar in for a few minutes longer.

7 Remove and cool

Remove jar from the water and give the mixture a quick stir to make sure everything is fully combined. Then let the mixture rest at room temperature with the lid off for about 10 minutes.
You will notice a white, bubbly film on the surface of your mixture. Carefully remove this film with a spoon to prevent your gummies from looking cloudy.

Continue cooling at room temperature until the mixture reaches 122 °F / 50 °C.

- **3.6 g** *Tartaric acid*
- **0.4 g** *Essential oil, any flavor*
- **-** *Food coloring, liquid or powdered, as needed*

8 Add that flavor and color

Add the tartaric acid and essential oil to the mixture, and stir.
Now's the time to color your candy! Start with a few drops of liquid coloring—if you're using powdered coloring, just mix a little bit with water to prevent the coloring from clumping up. Keep mixing in a few drops at a time until you reach your desired hue.

Transfer the mixture to a squeeze bottle, if you have one—this is an easy and mess-free way to fill the molds. If you don't have a squeeze bottle on hand, you can buy some on the cheap and use them a hundred different ways in the kitchen.

9 Cast your gummies

Place your molds on a flat baking tray, and fill with the gummy mixture. Cover the baking tray with another flipped-over baking tray, wrap both in plastic, and place in the fridge to chill.
The gummies will gel in as little as four hours under the right conditions, but they can take a lot longer. We suggest allowing them to set overnight.

10 Unmold

Take your gummies out of the fridge and remove them from the mold. This will be easier when they are still very cold.

- **20 g** *Tartaric acid, or citric acid, optional*
- **75 g** *Cornstarch*
- **25 g** *Powdered sugar*

11 Coat your gummies (optional)

This is totally optional, but we love to coat our gummies in powdered sugar and tartaric acid for added texture, sour-yet-sweet flavor, and easier handling. If you decide to coat your gummies, we recommend eating them within one day, because the sugar will start to absorb water from the gummies.
Blend the tartaric acid in a blender or spice grinder until it's a fine powder. Sift together the cornstarch, powdered sugar, and tartaric acid, and toss the gummies in the mixture until they are completely coated. If you have a pastry brush, use it to remove any excess sugar.

12 Enjoy!

Let these little sweets come to room temperature before eating them—they're much more fun when they're stretchy and sticky.

Looking for a texture that's juuuust right?

We call the recipe above our "Baby Bear." It's not too hard and not too soft. However, we want you to find the gummy bear texture of your dreams, so we've included our soft-and-gooey "Mama Bear" recipe and our firm-and-chewy "Papa Bear" below.

17.5 g	*Knox gelatin*
35 g	*Water, cold*
130 g	*Fructose*
130 g	*Corn syrup*
2.5 g	*Tartaric acid, plus 20 g for optional coating*
0.4 g	*Essential oil, any flavor*
-	*Food coloring, liquid or powdered, as needed*
75 g	*Cornstarch, for coating, optional*
25 g	*Powdered sugar, for coating, optional*

Mama Bear: Soft and Gooey

This recipe is exactly the same as above, except we've reduced the amount of gelatin, water, and tartaric acid. Follow the steps above, but use Mama Bear amounts of the ingredients.
This recipe yields a softer, gooier gummy texture.

26.3 g	*Knox gelatin*
53 g	*Water, cold*
130 g	*Fructose*
130 g	*Corn syrup*
3.8 g	*Tartaric acid, plus 20 g for optional coating*
0.4 g	*Essential oil, any flavor*
-	*Food coloring, liquid or powdered, as needed*
75 g	*Cornstarch, for coating, optional*
25 g	*Powdered sugar, for coating, optional*

Papa Bear: Firm and Chewy

This recipe is exactly the same as above, except we've increased the amount of gelatin, water, and tartaric acid. Follow the steps above, but use Papa Bear amounts of the ingredients.
This recipe yields a firmer, chewier gummy texture.

Want to take your sous vide gummies to the next level?

How about some other candy at home?