

Dandy Candy Recipes: Candy

ROCK CANDY

Ingredients

- 2 cups water
- 6 cups granulated sugar
- Optional: 2 to 3 drops [food coloring](#)
- Optional: 1/2 to 1 teaspoon flavoring extract or oil

Steps to Make It

Note: While there are multiple steps to this recipe, this homemade rock candy is broken down into workable categories to help you better plan for preparation.

Prepare Your Materials

- Clean the glass jars thoroughly with hot water.
- For each jar, use a wooden skewer or string that hangs about 1 inch from the bottom of the jar. Use clothespins that are balanced across the top of the jar to hold the skewer in place.

Make Your Rock Candy

- Gather the ingredients.
- Wet each wooden skewer with water and roll it in granulated sugar. This base layer gives the sugar crystals something to grab when they start forming. Set these aside to dry while you prepare the sugar syrup.
- Place the 2 cups of water in a medium-sized pan and bring it to a boil. Begin adding the sugar, 1 cup at a time, stirring after each addition. You will notice that it takes longer for the sugar to dissolve after each cup you add. Continue to stir and boil the syrup until all of the sugar has been added, and it is completely dissolved. Remove the pan from the heat.
- If you are using colors or flavorings, add 2 to 3 drops of food coloring and stir it in to ensure an even, smooth color. When using an extract, add 1 teaspoon of the extract; for flavoring oils, only add 1/2 teaspoon. Make sure you don't stand right in front of the pan because the scent can be very strong as it rises in the steam.
- Allow the sugar syrup to cool for 20 to 30 minutes.
- Quick rinse the prepped jars with hot water, then pour the syrup into them.
- Lower one sugared skewer or string into each jar until it hangs about 1 inch from the bottom.
- Carefully place your jar in a cool place, away from harsh lights, where it can sit undisturbed. Cover the top loosely with plastic wrap or a paper towel.
- You should start to see sugar crystals forming within 2 to 4 hours. If you see no change after 24 hours, try boiling the sugar syrup again and dissolve another cup of sugar into it. Then pour it back into the jar and insert the skewer or string again.
- Allow the rock candy to grow until it is the size you want. Don't let it grow too large; otherwise, it might start growing onto the sides of your jar.

- Note that a top layer of crystal will form. This is OK. Once the candy has reached the desired size, break that top layer of crystal up with a fork before removing the candy.
- Transfer the rock candy to an empty jar or glass (keep the clothespins to balance it) and allow it to dry for 1 to 2 hours.
- Serve and enjoy, or wrap in plastic wrap to save for later.

BUTTER MINTS

Ingredients

- ☐
- 1/4 cup butter softened
- ☐
- 1/4 teaspoon kosher salt
- ☐
- 1/3 cup sweetened condensed milk or this homemade substitute for condensed milk
- ☐
- 3 1/4 cups powdered sugar *
- ☐
- 1/2 teaspoon peppermint extract **
- ☐
- Optional: 1/4 cup cocoa powder * reduce the powdered sugar by the amount of cocoa used

Instructions

1. In a mixing bowl, combine the soft butter and salt. Beat for a moment to combine. Add the condensed milk and beat again to combine. Add the powdered sugar a cup at a time, beating to combine thoroughly. Add the peppermint, taste and adjust as needed. The dough will be mostly crumbs, but should stick together when squeezed into a ball. It should not be sticky at all.
2. Remove the dough from the mixer and pull off golf ball size sections. (At this point, you can also wrap the dough tightly and store it in the refrigerator until you are ready to roll them out.) Roll each ball out into a long skinny strip about 1/2" in diameter. Slice the strips into tiny mint-size pieces. I used a pizza cutter to easily roll back and forth and slice them quickly.
3. Alternative method (for the impatient): Roll the dough out to approximately 1/4" thick. Use a knife or pizza cutter to slice the dough into 1/2" (or smaller) squares. They might not be as cute or as authentic looking, but it will only take a couple minutes to cut out all of the mints.
4. Spread the soft pieces across a baking sheet and allow them to sit at room temperature overnight. You could speed up the process and put them in the refrigerator uncovered. Mine

were fine on the counter though. When they have hardened enough to store, transfer the mints to an airtight container. Enjoy!