

# Boiled Sweets: How They Used To Do It

Boiled sweets are a classic British confectionery that has been enjoyed for centuries. Traditionally made from sugar, water, and flavourings, boiled sweets are hard and brittle, with a glossy surface.



## Boiled Sweets - How They Used to Do It by Jackie Alpers

★★★★☆ 4 out of 5

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In the past, boiled sweets were made by hand in small batches. The sugar was boiled in a copper pan until it reached the correct temperature, then the flavourings were added. The mixture was then poured onto a marble slab and rolled out into long ropes. These ropes were then cut into individual sweets and left to cool.

Today, boiled sweets are still made by hand in some traditional sweet shops, but they are also mass-produced in factories. The factory-made sweets are often made with artificial flavourings and colourings, but they can still be enjoyed as a nostalgic treat.

## How to Make Boiled Sweets

If you want to try making your own boiled sweets, there are a few things you will need:

- Sugar
- Water
- Flavourings
- Colourings (optional)
- A sugar thermometer
- A heavy-bottomed saucepan
- A marble slab or a baking sheet
- A rolling pin
- A sharp knife

Once you have all of your ingredients and equipment, you can follow these steps to make your own boiled sweets:

1. In a heavy-bottomed saucepan, combine the sugar and water.
2. Bring the mixture to a boil over medium heat, stirring constantly.
3. Insert a sugar thermometer into the mixture and continue to cook, stirring occasionally, until the mixture reaches the hard crack stage (300°F).
4. Remove the saucepan from the heat and add the flavourings and colourings.
5. Pour the mixture onto a marble slab or a baking sheet and roll it out into a long rope.
6. Cut the rope into individual sweets and leave them to cool.

### **Tips for Making Boiled Sweets**

- Use a sugar thermometer to ensure that the mixture reaches the correct temperature. If the mixture is not hot enough, the sweets will be soft and sticky. If the mixture is too hot, the sweets will be burnt and bitter.
- Add the flavourings and colourings to taste. You can use any flavourings or colourings that you like.
- Work quickly when rolling out the mixture. The mixture will start to cool and harden quickly, so you need to work quickly to get it rolled out into a rope.
- Cut the sweets into uniform pieces. This will help them to cook evenly.
- Leave the sweets to cool completely before eating them. The sweets will be very hot when they come out of the oven, so it is important to let them cool before eating them.

## **Recipes for Boiled Sweets**

Here are a few recipes for boiled sweets that you can try:

### **Lemon Boiled Sweets**

- 1 cup sugar
- 1/2 cup water
- 1/2 teaspoon lemon extract
- Yellow food colouring (optional)

### **Raspberry Boiled Sweets**

- 1 cup sugar

- 1/2 cup water
- 1/2 teaspoon raspberry extract
- Red food colouring (optional)

## Peppermint Boiled Sweets

- 1 cup sugar
- 1/2 cup water
- 1/2 teaspoon peppermint extract
- Green food colouring (optional)

Boiled sweets are a delicious and nostalgic treat that can be enjoyed by people of all ages. If you are looking for a fun and easy way to make your own sweets, then I encourage you to give boiled sweets a try. With a little practice, you will be able to make delicious boiled sweets that are sure to impress your friends and family.



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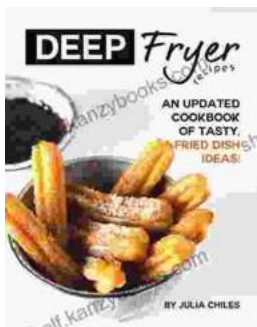
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