

## Making Gourmet Lollipops

By Mabel White Dot Com



Lollipops look like big crystals, but the fact is that sugar crystals are the enemy of successful lollipops. We'll show you how to keep those pesky crystals at bay. Flavors to consider include: Cherry, Cantaloupe, Candy Apple, Cotton Candy, Mango, Pina Colada, Root Beer, Tangerine and Watermelon. Mabel White sells these flavors and more! See [www.mabelwhite.com](http://www.mabelwhite.com). If this is intimidating, start by making simple chocolate lollipops described next!

This recipe makes about 8 to 10 lollipops.

### Things you will need:

- Lollipop Molds
- Lollipop Sticks
- Lollipop Flavor Oils
- Wax Paper
- Wooden Spoon
- Cooking Spray
- Cooking pot preferably with a pour spout
- Non Stick Surface Such as a Cookie Sheet or Marble Slab
- A Pastry Brush
- Candy Thermometer

### Ingredients:

**1 Cup of Sugar**

**1/3 Cup of Corn Syrup**

**1/2 Cup of Water**

**1/4 Teaspoon of Cream of Tartar**

**Food Coloring**

**1/2 Teaspoon of Flavor Oil**

**1 Tsp of Citric Acid**

### To Make:

1. Prepare either a marble slab or an upside-down cookie sheet (air underneath the sheet will help the candy to cool faster), by covering it with parchment paper and spraying it with oil. If you're using molds, prepare

- the molds with lollipop sticks, spray with oil, and place them on a cookie sheet or marble slab.
2. In your pan, over medium heat, stir together the sugar, corn syrup, water, and cream of tartar with a wooden spoon until the sugar crystals dissolve.
  3. Continue to stir, using a pastry brush dampened with warm water to dissolve any sugar crystals clinging to the sides of the pan, then stop stirring as soon as the syrup starts to boil.
  4. Place the candy thermometer in the pan, being careful not to let it touch the bottom or sides, and let the syrup boil without stirring until the thermometer just reaches 300° F (hard-crack stage).
  5. Remove the pan from the heat immediately and let the syrup cool to about 275° F before adding flavor, color, and citric acid (adding it sooner causes most of the flavor to cook away).
  6. Working quickly, pour the syrup into the prepared molds and let cool for about 10 minutes. If you're not using molds, pour small (2-inch) circles onto the prepared marble slab or cookie sheet and place a lollipop stick in each one, twisting the stick to be sure it's covered with candy. (It helps to have a friend do this since you need to work quickly.)
  7. Let the lollipops cool for at least 10 minutes, until they are hard. Wrap individually in plastic wrap or cellophane and seal with tape or twist ties. Store in a cool, dry place.

### **What Else Can I Try?**

Try unlikely matches of color and flavor (blue orange-flavored pops, green cherry-flavored pops, red grape-flavored pops)—and see if your friends can guess what flavor they are! How much influence does color have on our perception of flavor?

## **Making Chocolate Lollipops and Chocolates in General**

This is so easy it is sinful! You can even make chocolate dipped spoons with the melted chocolate.

- Find decent chocolate chip or coins low in junk ingredients. White chocolate is also fine but must be really watch in the microwave as does the chocolate. You melt until JUST melted and keep stirring you do not want to scorch the melted material. White is much harder to deal with.
- We do not like the chocolate in the stores designed for “dipping” because it is cheap and tastes cheap. If we get stuck with cheap, we put a little real chocolate chips in the melting process or bakers chocolate to up the quality.
- After the chocolate is melted quickly add your flavors and colors, if you are using color.
- Pour right into molds and before you know it, you have candy!

### **Things we like to add:**

A little rum injected with a pipette and then cover the hole with warm chocolate to “patch it up” or a little jelly or jam, for a center.

You can embellish the lollipops with cake decorating materials.