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of  
Confectionery & Sweet-making**

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*Text-book of the School*  
**ALL ABOUT SWEET-MAKING**  
*2/6 net, Post free 2/8.*

# ALL ABOUT SWEET-MAKING

TEXT-BOOK OF THE  
GLASGOW SCHOOL OF CONFECTIONERY

BY

**GERTRUDE CLARK, L.C.A.**

1ST CLASS DIPLOMÉE IN COOKERY, LAUNDRY WORK, AND HOUSEWORK  
CERTIFICATED ART TEACHER

EDINBURGH

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## INTRODUCTION

THE dainty and fascinating art of Sweet-making bids fair to be ere long one of the most popular branches of home cookery.

Many people are under the erroneous impression that Sweet-making requires a previous knowledge of cookery.

In cookery the ingredients used are many and various, whilst in Sweet-making the foundation of all is the one material, sugar, and consequently "sugar-boiling" entirely differs from, and is more quickly mastered than, the more complex art of "cookery."

Up till quite recently the amateur cook ventured on no sweetmeat more elaborate than the familiar "toffee" of our schooldays, which, sometimes a brilliant success, more often a failure, was still an unfailing resource and solace on a wet holiday.

Now all this has changed, and with the aid of a proper thermometer the amateur sweet-maker can go confidently to work, with no uncertainty as to results, no waste of good materials. Machinery does much in this twentieth century, but still we find no machine to equal the human one, the best, in almost every manufacture, being still the hand-made article.

Thus it is that ladies at home can produce sweets which will successfully stand comparison with the products of the most up-to-date factory.

The cost of high-class confectionery is very high com-

pared with the cost of the raw material, and as a large number of beautiful sweets can be made with quite a simple equipment in the way of utensils, this delightful and fascinating art may well appeal to ladies of leisure, enabling them to make these luxuries for their own tables at a trifling cost and with the knowledge of their absolute purity and cleanliness.

The ever popular "cake and candy" sales will grow in popularity as the promoters of them learn more about the proper manipulation of sugar.

It is with the hope of helping the amateur sweet-maker to a clearer knowledge of the principles of sugar-boiling, as well as supplying to the student of cookery a text-book in this class of work, that this small book has been undertaken.

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## LIST OF REQUIREMENTS FOR A BEGINNER IN SWEET-MAKING

- |                                                                                                                                                           |                                                                                                                                                              |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. THERMOMETER.<br>2. TWO SPATULAS.<br>3. TWO DOZEN CREAM RINGS.<br>4. ONE OR TWO DIPPING-FORKS.<br>5. TWO OR THREE ESSENCES.<br>6. TWO OR THREE COLOURS. | 7. GREASE-PROOF PAPER.<br>8. WAX PAPER.<br>9. NOUGAT FRAME.<br>10. PAPER CASES FOR SWEETS.<br>*11. RUBBER MAT.<br>*12. STARCH TRAY.<br>*13. MARZIPAN MOULDS. |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|

\* Optional.

Every requisite for Sweet-making can be obtained from the Glasgow School of Confectionery, 34 Regent Park Square, Glasgow. Price list on application.

*The Glasgow School of Confectionery Sweet-maker's outfit No. 1, 16s. 6d. post free.*

*The Glasgow School of Confectionery Sweet-maker's outfit No. 2, 25s. post free. (Including  $\frac{1}{2}$  mat.)*

Both outfits include a copy of the School's hand-book, *All about Sweet-making.*

## CHAPTER I UTENSILS AND THEIR SUBSTITUTES

As many people are under the erroneous impression that the utensils required for sweet-making are numerous and costly, a chapter devoted to utensils and their substitutes may prove of use, both for the guidance of those who wish a complete outfit and the assistance of those who wish to acquire a knowledge of this handicraft with a trifling initial outlay.

**Thermometer.**—It has been said, doubtless by one of the opposite sex, that woman cannot excel in science because she cannot be brought to see the difference between the eighth and the sixteenth of an inch. I repeat this calumny on the sex, not as a believer in it, but as a warning to the would-be sweet-maker of the necessity for absolute accuracy in small matters if success is to be hers.

For sweet-making is required a proper confectioner's thermometer, so that the syrup may be removed at exactly the right degree. Such a thermometer is made of brass and registers to 400° F. It should be hung up when not in use. The wooden thermometers sometimes offered should be avoided, as the wood is apt to char when boiling to high temperatures; wood, being a porous substance, can only be kept in fit condition for culinary purposes by frequent scrubbing, and, if this is done with a wooden thermometer, the markings of the scale are speedily obliterated and the thermometer rendered useless.

**Pans.**—These may be of aluminium, copper, silicated iron, or heavy make of enamel. They must be kept scrupulously clean, and the lining must be intact.

If expense need not be considered, aluminium will be found excellent for the purpose, but thoroughly good work can be done with well-lined iron pans. Aluminium pans are most suitable for all kinds of cookery, as they are unaffected by acids and neither retain nor impart flavour to food cooked in them. Care should be taken in cleaning aluminium pans to avoid use of soda, which acts very injuriously on this material.

For boiling syrup a pan of about four pints' capacity is suitable, and a couple of small lip pans are also required for minor operations.

These pans will, as a general rule, be found in every moderately well-equipped kitchen, and need be the cause of no special outlay.

**Marble Slab.**—A pastry slab may not be found in many kitchens, but it is by no means absolutely essential for sweet-making. Many of my pupils have substituted a marble-topped wash-stand, and a large ashtray or white enamelled tray—such as is used by butchers—makes a very fair substitute also. A marble slab is best ordered from any monumental works—a good-sized one can be had there for 7s. or 8s.

**Spatulas.**—These are flat, spoon-shaped instruments made of very hard wood, and are used for stirring and beating syrups, and in many other processes in sweet-making. They are very useful little instruments and, once used, will be much preferred to wooden spoons which are the only possible substitute.

**Candy-Bars.**—These are steel bars used to form various sized spaces on the slab, into which are poured toffees, etc. They are more easily kept clean than tins, and as they can be arranged so as to hold any quantity of toffee, their usefulness is quite apparent.

**Sieves.**—A hair sieve will be found necessary for some processes in sweet-making. Where one is not to be had, a piece of fine cheese-cloth, fastened securely over the mouth of a basin, may be substituted.

**Rubber Mats** are used for moulding of French fondants. This is the most costly of the sweet-maker's utensils, but for the convenience of those wishing to make only a few sweets at a time, half mats (moulding 24 sweets) are supplied by the Glasgow School of Confectionery.

**Cream Rings** are used for moulding peppermint and other creams, and may replace the mat if economy must specially be studied.

**Dipping-Forks.**—These are made of wire with either prongs or loop at end, and are indispensable in the manipulation of the many different dipped sweets which can be made by the amateur confectioner, and their cost is trifling.

**Crystallizing Trays.**—These are shallow tins fitted with trays to hold sweets and prevent their rising out of the syrup during crystallizing. The tray is a necessary utensil if crystallizing is one of the sweet-maker's ambitions.

**Saccharometer.**—This instrument is used to measure the exact weight of sugar in any syrup. Its use is necessary in certain processes requiring more than ordinary exactitude. The scale registers from 0° to 50° or 60°, and reads from the top downwards. The mark 0 registers the density or weight of water, and the following figures record the amount of sugar present in the syrup. This instrument gives the most accurate test that can be used in sweet-making.

**Starch Tray** is used when moulding fondants and other bon-bons in starch. It consists of a shallow wooden tray in which starch is packed ready for making impressions to contain the liquid fondant. A shallow box might be substituted.

**Starch Moulds** are small plaster-of-Paris casts used for making impressions in the starch. They are fixed on small strips of wood for use with starch tray. The wooden strips should be cut two or three inches longer than the width of the box used.

**Scraper.**—This implement is made of a strip of strong tin bent round at one end to form a handle, and is useful



when working fondant on the slab. Though very useful, it is by no means essential, and a broad-bladed knife can take its place.

**Marzipan Moulds.**—Double moulds consisting of various designs—pea-pod, rose, marguerite, shrimp, almond, rasp, etc., are used for moulding marzipan.

These moulds are made of a special preparation mounted in plaster-of-Paris, and are very durable. They should not be washed, but may, when new, be wiped with a rag dipped in sweet oil. Single marzipan moulds, the speciality of the Glasgow School of Confectionery, costing only half the price of the double moulds, can be had in various fruits, flowers, and leaves, etc. These moulds are made at the School to order.

**Caramel-Cutter.**—This consists of a framework of tin intersected by parallel strips of tin from end to end and side to side, which, when pressed on surface of toffee or caramel, mark it into a number of neat squares. This utensil is one of the luxuries and not one of the necessities of sweet-making.

**Nougat Frames** are made of wood, and are used, as the name implies, for pouring nougat into. They can be dispensed with and shallow tins used instead, but as the cost is trifling, and as they will be found of great use for other sweets as well as nougat, their use is strongly advised.

**Croquette Moulds.**—Small tin moulds are quite serviceable for this purpose, and may take the place of the costly pewter moulds with electro-plated lining which were formerly considered necessary.

**Sundries.**—A sheet of brightly polished tin, which may be procured from any tinsmith at the cost of a few pence, will be found very useful for dropping chocolates on to.

Two or three knives tapering to the point, an old dinner knife with *thin* blade, a couple of pastry brushes, and a few air-tight tins and jars will complete the sweet-maker's outfit.

## CHAPTER II

### MATERIALS

THE choice of materials is an important one, as we cannot expect to have good results if we use inferior ingredients.

There is, however, no need for undue extravagance.

**Sugar** is our chief ingredient, and must be our first consideration. It is quite an unnecessary extravagance to use loaf-sugar for sweet-making, under the belief that beetroot sugar will not make good sweets. On the Continent, where the finest sweets are produced, the staple sugar is beetroot sugar, and *chemically* the sugar made from beetroot and from the sugar-cane are the same. Buy the best quality of granulated sugar supplied by a reliable grocer, and use for all sweets except where the finer castor or risp sugar is specified.

**Castor Sugar** dissolves more rapidly than granulated and in some cases this is a decided advantage, but the sweetening power of this sugar is not so great as that of granulated sugar.

**Brown and Yellow Sugars** consist of the coarser part of the sugar, and are suitable for some kinds of candy. Avoid those that are very dark in colour, as they burn more rapidly during boiling. *Demerara* sugar is more crystalline than other brown sugars, and has a distinct flavour of its own.

**Syrup** is a form of uncrystallizable sugar, and also enters into the composition of some sweets.

**Icing Sugar** is a specially pulverised sugar suitable for icings and also used in sweet-making. The finest quality procurable should always be used. All sugars, especially icing sugar, should be kept in a dry place.

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**Maple Sugar** makes delicious sweets, but care has to be taken in purchasing it, as many imitations made from Demerara sugar are in the market. A guarantee of purity should be insisted on when purchasing.

Pure maple sugar is obtained from the juice of the sugar maple tree and is largely imported from Canada, where its beautiful leaf attains to the dignity of a national emblem.

**Coloured Sugars** should be prepared by the sweet-maker for herself and not bought.

**Characteristics of Sugar.**—Sugar is what the chemist calls an "allotropic" substance, *i.e.* by submitting it to various changes of temperature we find it taking quite a number of different forms and exhibiting various characteristics. Thus we have it first in a crystalline condition; then by certain amount of boiling and manipulation we produce it in the form of "fondant," melting in the mouth, as the name implies. By further heating we can change it into a clear brittle substance of glassy appearance, or spin it into beautiful silk-like threads. No other single material in cookery can be produced in so many different forms.

**Glucose** or starch sugar is a material against which there is much needless prejudice. It exists naturally in honey, but the glucose of commerce is chiefly extracted from starch by the action of acids. In sweet-making small quantities of glucose are used to "grease" the sugar, or prevent it from granulating during boiling. Used in moderate quantities it is quite wholesome and pleasant to taste, and being less sweet than sugar its use helps to prevent cloying sweetness. Tartaric acid or cream of tartar may take the place of glucose in some recipes, as they also tend to prevent granulation.

**Colourings.**—The purest vegetable colourings ought always to be used, and these are now fairly easily procured. Greens are made largely from spinach, yellow from saffron, reds from beetroot, but it may be as well to dispel the fond belief that carmine is a vegetable colouring, as in reality it is a preparation from the same source as the familiar "cochineal," now rarely used. These colourings vary greatly in strength and quality, according to the various makes.

**Essences** used in sweet-making should be the most highly concentrated that can be procured. Cheap, weak essences will result in flavourless sweets that can only be a source of disappointment. Proper flavours and colours can be had from the Glasgow School of Confectionery.

Delicious fruity flavours can now be obtained giving the full flavour of ripe fruit juice, the perfume of the violet and the rose.

**Chocolate.**—No ardent home sweet-maker is satisfied until the art of chocolate-covering is mastered.

Chocolate is a preparation made from the kernel of the cacao plant. The beans or nuts are gently roasted in order to produce the delicate flavour. The nuts are then cracked and their kernels or "nibs" ground. So rich are they in fat that a large portion of the cocoa-butter has to be extracted, and in some cases a proportion of starch is added to counteract the richness. This leaves a fine dry powder, familiar to us as cocoa.

To prepare chocolate, pure cocoa and white sugar are placed together in a melangeur and ground between heavy granite rollers till a perfectly fine and smooth paste is produced, which is then run into moulds and turned out ready for sale in cakes or blocks. A good quality of chocolate ought always to be used for covering hand-made sweets, as a cheap harsh covering will completely spoil the quality of any sweets. Cheap chocolate contains a large excess of sugar, and very frequently other adulterations as well.

**Cocoa-Butter** is used to enrich a poor quality of chocolate, and bring it to the right consistency for coating with.

**Caramel Paste** is a vegetable fat of rather unattractive appearance which is used by some makers in the manufacture of wrapped caramels.

**Butter** used in sweet-making must be of the best quality and free from salt. On no account may butter-substitutes, such as margarine, be used in sweet-making.

**Starch.**—This material is used chiefly as a medium for moulding in. The starch used is the very finest



confectioner's starch, and must be kept very dry and clean, and should always be dried and sieved before use.

Fondants may be moulded in starch instead of in rubber moulds, and for liqueurs and the moulding of fruit jellies it is essential.

**Gelatine.**—When gelatine enters into the composition of any sweetmeat it should be remembered that cheap gelatines are apt to impart a flavour of glue, and therefore a good maker's should be used. Also, as gelatines vary somewhat in their thickening properties, the same make should, when found satisfactory, be adhered to. Leaf gelatines, being purified by what is called the "acid process," contain a small quantity of acid, and when used with milk or cream care must be taken not to overheat the two substances together, or the milk will curdle.

**Nuts.**—Almonds are perhaps the most used of all nuts. A very fine flavour can be obtained by a judicious blending of both sweet and bitter almonds. The flavour of almonds and other nuts is always improved by gentle roasting, which brings out the flavour in a marked degree. For chopping, grinding, and pounding, Sicilian or Valencia almonds will be found satisfactory, but for "burnt almonds" the finest Jordan almonds should be used. Pistachios or green almonds make a beautiful decoration, but on account of their high price should be used sparingly.

Walnuts and Barcelona nuts should be bought shelled, as much labour is thus saved, and there is much less waste from breakage.

**Pignolias and Brazil Nuts.**—For variety in flavours pignolia nuts (the kernel of the stone pine) and Brazil nuts are also used in sweet-making.

**Chestnuts.**—The Italian chestnut or "Marrana" is the variety best suited for confectionery, especially in the production of the well-known "marrons glacés." The finest quality are grown in the neighbourhood of Turin.

## CHAPTER III

### "WRINKLES"

FOR those who have not made a study of cookery an explanation of some of the processes necessary in preparing various nuts, sugar, and eggs, etc., for sweet-making may prove useful.

**How to shell Nuts.**—Use nut-crackers or strike them gently with a flat weight, so that the kernel may not be crushed as very frequently many nuts are wasted in this way. When possible it is much more profitable to buy walnuts, Barcelona kernels, etc., ready shelled.

**How to shell Chestnuts.**—Score the outer shell with a sharp knife and place in the oven for a few minutes, when it will be found quite easy to remove outer shell.

**How to remove inner skin from Barcelona Kernels.**—Place them on a small roasting-tin in oven. After a short time the skins will become brittle, and can be rubbed off in a coarse towel.

**How to blanch Almonds.**—Put them into a pan with cold water and bring to boiling point, then remove from fire. Drain and plunge them into cold water. Lift on to a coarse cloth and rub off outer skins.

**How to blanch Pistachios.**—These nuts require not only to be brought to boiling point, but to be boiled for a few minutes before plunging into cold water. The process of blanching is then completed in the same way as that described for almonds.

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**How to colour Almonds.**—A pretty brown shade can be obtained by careful toasting. Pistachios being expensive luxuries, almonds coloured green are sometimes substituted. To do this chop the almonds finely after they have been blanched and dried. Spread them on grease-proof paper, sprinkle colour over them, and rub evenly throughout. Dry carefully and keep for use.

**How to colour Cocoa-nut.**—Desiccated cocoa-nut may be variously coloured for decorative purposes in the same way as above described.

**How to chop Nuts.**—A thick board of hard wood should be kept in every kitchen for chopping on, as baking boards are roughened and spoiled if used for this purpose. An elm board is often used; though dark in colour it is very hard and durable.

Place nuts on board and take a pointed knife; hold down point on board with left hand and chop by moving handle of knife rapidly up and down. This method prevents nuts from scattering.

**How to shred Almonds and Pistachios.**—Blanch, then split and cut in thin strips lengthways.

**How to grind Nuts.**—This process makes pounding much easier, and can easily be accomplished by means of a small nut-mill which can be had at a trifling cost.

**How to pound Nuts.**—For this process a mortar and pestle are required. The nuts are first blanched, then ground or chopped and beaten with pestle to a smooth paste. A few drops of orange-flower water or rose water, added during the process, help to prevent the paste becoming too oily.

**How to colour Sugar.**—Take coarse granulated or fine castor sugar, according to the purpose for which sugar is to be used. Sprinkle sugar on grease-proof paper, and sprinkle colour over. Rub in colour till evenly distributed. Then lay in a warm place till dry, and bottle for use.

**How to clarify Sugar.**—After making syrup in usual way pour it over beaten whites of eggs, allowing two

whites to one pound of sugar. Return to pan and wait till albumen of eggs coagulates and rises to surface, when all impurities will be removed and syrup left perfectly clear.

**How to stone Dates.**—Slit the dates lengthways and stones can easily be removed with a small skewer.

**How to stone Raisins.**—Place a few of the raisins in a basin of hot water. Cut raisins open and remove stones. When hot water is used this process loses much of its unpleasantness.

**How to beat Whites.**—Separate eggs very carefully, keeping yolk whole, for any particles of yolk mixing with whites will prevent their rising properly. One or two whites are best beaten on a plate with a broad-bladed knife, three or more being whisked in a basin with egg whisk. Always beat eggs in a cool place; they will rise much more quickly if beaten in the draught of an open door or window. When stiff enough they will cut clean with a knife, or can be gathered in a lump on end of whisk.

**How to prepare Icing Sugar.**—Keep in a very dry place in an air-tight tin, and before using rub through a hair sieve.

**How to prepare Confectioner's Starch.**—Keep always in an air-tight tin in a warm place. Before filling starch tray, heat starch in a moderate oven. Then allow to cool, sieve, and pack in tray.

**How to crease Toffees.**—This expression, though somewhat puzzling, simply means to mark toffees whilst still warm. It will then be found that, when cold, they can easily be broken up at the marks or "creases." This marking is often done with a caramel cutter.

**Equivalent Weights and Measures.**—In the work of weighing and measuring there must, as in reading the thermometer, be absolute accuracy, or results will be unsatisfactory. As some of the measures used are not to be found in every house, a table of equivalent weights and measures is here given.

1 lb. sugar . . . . .	2 breakfast cupfuls.
$\frac{1}{2}$ lb. sugar . . . . .	1 small teacupful.
1 oz. sugar . . . . .	1 tablespoonful.
$\frac{1}{2}$ oz. sugar . . . . .	1 dessertspoonful.
$\frac{1}{4}$ oz. sugar . . . . .	1 teaspoonful.
1 oz. butter . . . . .	1 dessertspoonful.
1 oz. glucose . . . . .	1 dessertspoonful.
1 oz. honey . . . . .	1 dessertspoonful.
1 pint water . . . . .	2 small breakfast cupfuls.
$\frac{1}{2}$ pint water . . . . .	1 small breakfast cupful.
1 gill water . . . . .	1 small teacupful.

Small weights often go amissing, so it may be useful to know that

Three pennies weigh . . . . .	1 oz.
One penny and one halfpenny weigh . . . . .	$\frac{1}{2}$ oz.
One halfpenny and one farthing or one threepenny bit weigh . . . . .	$\frac{1}{4}$ oz.

## CHAPTER IV

### SUGAR-BOILING

SUGAR may be boiled on an ordinary range, a gas-stove, or ring, and even a chafing dish can be made to do good service in the way of sweet-making.

During sugar-boiling one danger has always to be guarded against. Sugar, being originally a crystalline substance, always tends, when in the form of a syrup, to crystallize out and change from syrup to sugar crystals and water. This danger is guarded against in three ways:—

- (1) By adding to the syrup some substance, such as glucose or cream of tartar, which "greases" the sugar or makes it less likely to granulate.
- (2) By melting sugar very thoroughly before allowing syrup to boil.
- (3) By brushing round sides of pan during boiling, so as to dissolve any crystals forming there.

Any impurity or scum on the surface should be removed as soon as the syrup boils, and it may be noted that pure sugar and water show no tendency to boil over. Once the syrup has been freed of all grit and scum, the boiling may be allowed to proceed briskly till the required degree is reached.

There are seven clearly marked stages of sugar-boiling which the skilled chef can test by sight and touch, but which the amateur can only safely judge of by means of the thermometer:—

Stage 1. Pearl . . . . .	220°
" 2. Thread . . . . .	235°

1 lb. sugar . . . . .	2 breakfast cupfuls.
$\frac{1}{2}$ lb. sugar . . . . .	1 small teacupful.
1 oz. sugar . . . . .	1 tablespoonful.
$\frac{1}{2}$ oz. sugar . . . . .	1 dessertspoonful.
$\frac{1}{4}$ oz. sugar . . . . .	1 teaspoonful.
1 oz. butter . . . . .	1 dessertspoonful.
1 oz. glucose . . . . .	1 dessertspoonful.
1 oz. honey . . . . .	1 dessertspoonful.
1 pint water . . . . .	2 small breakfast cupfuls.
$\frac{1}{2}$ pint water . . . . .	1 small breakfast cupful.
1 gill water . . . . .	1 small teacupful.

Small weights often go amissing, so it may be useful to know that

Three pennies weigh . . . . .	1 oz.
One penny and one halfpenny weigh . . . . .	$\frac{1}{2}$ oz.
One halfpenny and one farthing or one threepenny bit weigh . . . . .	$\frac{1}{4}$ oz.

## CHAPTER IV

### SUGAR-BOILING

SUGAR may be boiled on an ordinary range, a gas-stove, or ring, and even a chafing dish can be made to do good service in the way of sweet-making.

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Stage 1. Pearl . . . . .	220°
„ 2. Thread . . . . .	235°



Stage 3.	Soft Ball	.	.	.	240°
" 4.	Hard Ball	.	.	.	250-255°
" 5.	Crack	.	.	.	280°
" 6.	Hard Crack	.	.	.	310°
" 7.	Caramel	.	.	.	350°

Not only would the amateur experience uncertainty as to the stage reached by the syrup, but in addition the testing of hot syrup by means of the fingers can only be performed, without danger of accident, by a very skilful hand.

#### Recognised Method—

1. Dissolve sugar slowly in water.
2. Remove impurities from surface when sugar boils.
3. Boil for a few minutes with lid on to dissolve any sugar crystals on sides of pan.
4. Heat thermometer and place in boiling syrup.
5. Brush round sides of pan with water to prevent sugar crystallizing during boiling.
6. Boil exactly to required degree.

Pans, thermometer, spatulas, must be kept entirely free from any hardened sugar, or granulation will take place and the whole painful be spoiled.

If this accident should happen, the whole process of melting down and boiling must be gone through again from the beginning.

The following syrups and glazes form good examples of boiling to different degrees, and may be included in this chapter:—

#### (1) Stock Syrup.

##### Ingredients—

1 lb. granulated sugar. | 1 pint water.

*Method.*—Dissolve sugar slowly in water. When it comes to boiling point remove scum from surface.

Put on lid and boil for a few minutes to allow condensing steam to clear any crystals of sugar from sides of pan. Boil to 20 degrees on saccharometer and bottle for use.

If desired this syrup can be clarified in the following manner:—

Pour the syrup over stiffly beaten whites of two eggs, and

return to pan and simmer till whites have coagulated, and then strain and test as before with saccharometer.

#### (2) Coating Syrup.

##### Ingredients—

1 lb. granulated sugar. | 1½ gills water.

*Method.*—Dissolve sugar in water in usual way. Remove impurities from surface. Heat thermometer by placing it in a jug of boiling water, and then transfer it to pan of boiling syrup.

Boil to 236° F., and use as directed in recipes where its use is required.

#### (3) Crystallizing Syrup.

##### Ingredients—

1 lb. granulated sugar. | ½ pint water.

*Method.*—Melt and clear in usual way. After it has boiled for five minutes test with saccharometer, and remove from fire when it registers 34.5°. Cool before using.

#### (4) Clear Hard Glaze.

##### Ingredients—

1 lb. granulated sugar. | 1½ gills water.  
3 drops acetic acid.

*Method.*—Dissolve sugar in usual way, and when scum is removed add heated thermometer and boil to 270°, then add acetic acid and boil to 310°. The glaze is then ready for coating glacé sweets.

#### (5) Sweet Glaze.

##### Ingredients—

1 lb. granulated sugar. | 3 drops acetic acid  
1½ gills water. | 1 dessertspoon syrup or honey.

*Method.*—Proceed as directed for clear hard glaze, adding honey immediately sugar is dissolved.

## CHAPTER V

### FRENCH FONDANT CREAM, HOW TO MAKE AND HOW TO USE IT

THIS preparation of sugar is of first importance in sweet-making as it forms the foundation of so many delicious sweets.

As the name "fondant" implies, sweets of this class literally "melt" in the mouth.

The degree to which fondant is boiled is one of the lowest used in sugar-boiling, and less skill is required to check the boiling at the right degree than in the case of higher temperatures.

Three recipes are given, the kind of fondant made depending on the use to which it is to be put.

#### Fondant No. 1.

##### Ingredients—

1 lb. granulated sugar. | 1½ gills water.  
1 dessertspoon glucose.

*Method.*—Dissolve sugar slowly in water. When dissolved add glucose. Let syrup boil and remove scum. Place thermometer in pan and boil to 240° F. During boiling brush round sides of pan with pastry brush dipped in water to prevent crystallization. Sprinkle slab with water, pour syrup on to slab, and after sprinkling a little water on surface leave till slightly cooled. Then with scraper or knife bring syrup to centre of slab and work with spatula till it "turns," *i.e.* becomes white and opaque. Knead till smooth and free from lumps, and pack in air-tight jar till required.

This fondant is used for moulding in rubber mats, or in starch impressions, and for peppermint creams.

#### Fondant No. 2.

##### Ingredients—

1 lb. granulated sugar. | 1½ gills water.  
¼ salt spoonful cream of tartar.

*Method.*—Prepare as described for fondant No. 1 adding acid instead of glucose. This fondant may be used for peppermint creams, centres chocolates, and stuffed fondants, and also in the manufacture of almond cream bonbons.

#### Fondant No. 3.

##### Ingredients—

1 lb. granulated sugar. | A few drops of acetic acid or  
1½ gills water. | lemon juice.  
3 oz. glucose.

*Method.*—Prepare as described for fondants 1, 2, but continue boiling to 242°. This gives a more glossy fondant, which is used for coating cream and other centres.

By increasing the proportion of glucose a still more glossy fondant may be obtained.

#### To mould Fondant.

##### Ingredients—

½ lb. French fondant cream No. 1. | A little stock syrup.  
Colouring and essence to taste.

*Method.*—Put fondant into a small pan and thin down carefully with syrup and add colour. Heat gently, but on no account boil. Lastly, add essence to taste. Pour into a paper icing bag, and force into a clean dry rubber mat.

A few hints on colours and essences may prove useful.

#### Suggested Colours and Flavours.

Tangerine	}	Orange yellow—decided shade.
Orange		
Lemon		

Banana	}	Warm shade of yellow.
Apricot		
Peach	}	Varying shades of pink to red.
Hawthorne		
Strawberry		
Rose		
Rasp		
Cherry	}	Violet.
Violet		
Lilac	}	Green.
Pine-apple		
Pistachio	}	Brown.
Wintergreen		
Ginger		
Coffee	}	

## Centres for Stuffed Fondants.

## Ingredients—

$\frac{1}{2}$  lb. fondant No. 2. | Colour and essence.  
Small pieces crystallized violet or rose, ginger, pistachio or other nuts.

*Method.*—Colour and flavour fondant to taste and to suit whatever stuffing is to be used.

Thus ginger fondants would be coloured brown and flavoured with ginger, and in the centre of each would be placed a small piece of preserved ginger.

Divide fondant into equal-sized portions, and roll between hands into balls or ovals, same as butter pats.

Place on wax paper and leave to dry for twenty-four hours.

## Stuffed Fondants.

## Ingredients—

1 lb. fondant No. 3. | Stock Syrup.  
Colour and essence. | Centres.

*Method.*—Put fondant in small pan and heat gently, adding sufficient syrup to make to a thick cream.

Add flavouring and colouring to suit centres. Drop round centres into liquid fondant, lift out with dipping fork and drop on to wax paper, twisting a strand of fondant on top to decorate sweet. Oval centres are dipped in the same way, markings being made across fondants with fork. When set, place in small paper cases.

## Peppermint Creams.

## Ingredients—

$\frac{1}{2}$  lb. fondant, No. 1 or No. 2. | Stock syrup.  
Few drops oil of peppermint.

*Method.*—Put fondant into small pan. Heat gently, add enough syrup to moisten to a cream and peppermint oil to taste. Pour into paper icing bag and force into cream rings. If properly made, they should set at once and leave rings quite easily.

## Lemon Fondants.

## Ingredients—

1 lb. loaf-sugar. |  $1\frac{1}{2}$  gills water.  
2 fresh lemons. | 1 teaspoon glucose.  
A few drops of lemon juice.

*Method.*—Rub loaf-sugar on lemon rinds, till all the zest is rubbed off. Put lemon, sugar, and water into a pan and dissolve in usual way. Add glucose and lemon juice, boil, remove scum, and then boil to  $240^{\circ}$ . Pour on to slab and work with spatula, as described in fondant No. 1. When kneaded smooth, return to pan and melt down with a little syrup, adding colouring if required.

This will depend greatly on lemons used and amount of zest collected on sugar. Force into rubber mat, and when cold turn out and crystallize.

## Apricot Fondants.

## Ingredients—

1 lb. granulated sugar. | 1 dessertspoon glucose.  
 $\frac{1}{2}$  gill apricot juice. | Orange yellow.  
 $\frac{1}{2}$  gill water. | Apricot essence.

*Method.*—Prepare in the same way as directed for lemon fondants.

## Maraschino Fondants.

Pale green fondants flavoured with maraschino, moulded and crystallized.

### Tangerine Fondants Fourrés.

Make centres of fondant No. 2 flavoured with tangerine and coloured orange yellow. Prepare fondant No. 3 to correspond, dip centres in usual way and crystallize.

### Ceylon Fondants.

#### Ingredients—

½ lb. fondant 1 or 2.	Unsweetened chocolate.
Desiccated cocoa-nut.	

*Method.*—Melt down fondant and add sufficient unsweetened chocolate to flavour it, and colour a good brown. Force into cream rings and sprinkle with desiccated cocoa-nut.

### Butter Creams.

#### Ingredients—

1 lb. granulated sugar.	1½ oz. butter.
1½ gills water.	1 dessertspoon glucose.

*Method.*—Make fondant in usual way, adding butter during boiling, and boil to 240°. Mould in rubber mat.

### Almond Cream Dates.

#### Ingredients—

1 tablespoon fondant No. 2.	Colour and flavour.
1 tablespoonful ground almonds.	Tunis dates—split and stoned.

*Method.*—Put fondant and almonds together in pan and mix thoroughly over fire. Turn out and knead in colour and flavour as desired. Roll into oval portions and place in centre of date. Decorate to taste with crystallized petals and brilliantine.

### Almond Cream Cherries and Plums.

These are prepared in a similar way to that described above.

### Almond Cream Angelica.

Roll out a piece of almond cream, size of pencil. Place it in the centre of a stem of angelica. Roll out another piece of almond cream into a flat strip and cover angelica with it. Roll and cut into slices, and decorate with brilliantine.

Other fruits and nuts can be treated in a similar way.

### Coffee Fondants.

#### Ingredients—

½ lb. fondant No. 1.	1 teaspoonful coffee essence.
Stock syrup.	

*Method.*—Melt down fondant, adding coffee essence and sufficient stock syrup to make to a cream. Pipe into rubber moulds.

## CHAPTER VI

### MARZIPANS AND NOUGATS

MARZIPAN is a German delicacy which has become a prime favourite this side of the Channel.

It consists of a paste made from almonds and sugar. There are two kinds of marzipan known in Germany, "Lübbecke" and "Königsburg." The former is sold in large slabs, sometimes plain, frequently iced and decorated, whilst the latter is formed into miniature breakfast rolls.

Marzipan is a very plastic substance and much beautiful modelled work, both fruits and flowers, can be made from this material when skilfully manipulated. It can also be moulded in various ways, as described under "moulded marzipan."

#### "Old German Recipe."

The following is a genuine old German recipe, and gives excellent results. The almonds can be browned in our Scotch ovens or under a gas grill instead of by means of the homely red-hot bricks.

*Method.*—Take one pound of sweet and some bitter almonds. Boil them and pour cold water over them, and then rub off the skins with a coarse towel. Spread them on towel for six hours till all moisture has been absorbed, and then toast them in front of red-hot bricks. Then pound them in a mortar, adding one pound powdered sugar and three or four spoonfuls of rose water.

Knead well, and then leave to mellow for three or four days. Form then into little rolls with the hand. Brown

them under red-hot bricks, and sprinkle with rose water. Then place them in small paper cases.

### Marzipan—French Chef's Recipe.

#### Ingredients—

120 grammes almonds (a good $\frac{1}{2}$ lb.).		1 tablespoonful glucose.
250 grammes loaf-sugar (a good $\frac{1}{2}$ lb.).		$\frac{1}{2}$ gill water.

*Method.*—Blanch and pound almonds with a little "Kirsch" to a paste. Boil sugar, water, and glucose to 245° and add syrup to pounded almonds, and continue pounding in mortar till well mixed.

Put mixture into pan and stir over fire till white and creamy. Turn out on slab and work with spatula till stiff. Dust hands with icing sugar and knead till smooth.

This marzipan makes excellent fillings for fruits.

### Marzipan (Simple Method).

#### Ingredients—

4 oz. ground almonds.		8 oz. icing sugar.
		Whites of 2 eggs.

*Method.*—See that icing sugar is free from lumps. Mix with it almonds. Add whites of eggs and pound all together in a mortar till smooth. *Knead well*

If mixture seems the least bit wet, add more sugar. Then knead well till a smooth firm paste is formed.

### Rich Marzipan.

#### Ingredients—

8 oz. ground almonds.		1 yolk of egg.
12 oz. icing sugar.		About 2 tablespoonfuls water.

*Method.*—Put almonds and sugar into pan; add water, egg, and a few drops vanilla essence. Stir till it becomes a stiff paste. Then turn out and knead, adding a little more icing sugar if required.



**Boiled Marzipan.***Ingredients—*

$\frac{1}{2}$ lb. granulated sugar.	$\frac{3}{4}$ gill of water.
6 oz. ground almonds.	1 white of egg.
1 tablespoonful icing sugar.	

*Method.*—Put sugar into pan, add water and dissolve in usual manner, then boil up to  $242^{\circ}$ . Remove from fire, add almonds and white of egg; stir vigorously.

Return pan to fire long enough to cook egg.

Pour mixture on to slab (it ought to look at this stage very like our well-known "porridge") and work it with spatula until it cools somewhat and thickens.

Then knead in icing sugar and continue this process till marzipan is smooth and firm.

**Moulded Marzipan.**

*Method.*—Make up marzipan according to above recipe. Divide into four parts, colouring them pink, brown, green, and leaving one-fourth white.

This is now ready for moulding into various fancy shapes.

The moulds used are fully described in the chapter on "Utensils," and may be had in a large variety of designs. Almonds, pea-pods, shrimps, roses, pansies, marguerites, strawberries, and rasps being among the favourite designs.

The method of moulding one or two of these will serve as examples of this process.

**The Marzipan Almond.**

*Method.*—Take a piece of brown marzipan and shape it into a long roll, thickness of a pencil. Cut it into equally-sized pieces and roll into oval centres.

Press one centre into each half of mould and, if liked, place an almond in centre.

Press two halves of mould together, and when opened almond should drop out.

**The Marguerite.**

*Method.*—Make a tiny ball of yellow marzipan and place in centre of flower.

Fill petal part of mould with white marzipan, and calyx portion with green marzipan.

Press halves together, and then open the mould when the moulded flower should drop out.

Those with an eye for colour can make endless variety in the colouring of different moulded sweets.

These must be crystallized after moulding.

**Strawberries.**

*Method.*—These are made in special single moulds. Fill mould *well* with white marzipan and then shake out.

Colour the outside to imitate the strawberry with confectionery vegetable colourings, and complete by placing cambric husk in position.

**Marzipan Potatoes.***Ingredients—*

1 tablespoonful fondant No. 2.	1 tablespoonful ground almonds.
Cinnamon and icing sugar.	

*Method.*—Mix fondant and almonds together in a small pan. Then turn out, and when cool form into round and oval shapes.

Roll in a mixture of ground cinnamon and icing sugar.

To make "eyes" prick in two or three places with a skewer.

**Marzipan Walnuts.**

*Method.*—Make balls of marzipan and press on each side a half walnut.

Brush marzipan with white of egg and roll in coloured sugar.

The marzipan may be coloured any shade liked, but the colour of the sugar must always correspond with it.

### Butter Prints.

*Method.*—Take some marzipan prepared as for moulding and tint with warm yellow.

Get a small wooden butter print, mould, and after seeing that it is thoroughly dry, wipe it out with a cloth dipped in pure salad oil.

Fill mould with marzipan and proceed in exactly the same way as in making butter prints.

### Marzipan Fancies.

*Method.*—By means of a little ingenuity and good taste, endless variety of pretty sweets can be fashioned from marzipan and crystallized fruits without the use of moulds.

Various coloured marzipans can be arranged in layers and cut into blocks or shaped into rolls, or cut out with small fancy cutters.

### Nougats.

Nougat is another toothsome dainty which has been imported into this country, and, like marzipan, has come to stay.

It consists of a mixture containing white of egg, almonds, and flavoured with honey.

There are two distinct varieties, white and brown nougat, and examples of both are given.

#### Nougat Montelimart.

##### Ingredients—

2 oz. of honey.  
1 white of egg.  
4 oz. almonds.  
1 oz. sugared almonds.  
1 oz. pistachios.

10 oz. granulated sugar.  
1 gill of water.  
1 oz. glucose.  
Vanilla.  
Wafer paper.

*Method.*—Line nougat frame neatly with wafer paper. Beat up white of egg stiffly. Put honey into a double

boiler and when melted add white, and cook the two together till quite firm.

Boil sugar, water, and glucose together to 265°. Add this syrup to honey and eggs, and add nuts and pistachios. Continue cooking till sugar cracks when dipped in cold water.

Pour into papered frame. Cover with wafer paper and set aside till cold.

When quite cold cut up into thin bars and roll in wax paper, tinfoil, or gelatine paper.

### French Nougat.

##### Ingredients—

3 oz. honey.  
2 whites of eggs.  
 $\frac{1}{2}$  lb. icing sugar.

3 oz. almonds.  
3 oz. crystallized fruits.  
1 dessertspoon glucose.

*Method.*—Put whites, honey, glucose, and sugar into an egg bowl and beat over a slow fire for about half an hour. Then test in cold water and remove when firm enough to crack. Then stir in nuts and fruits chopped.

Press into nougat frame lined with wafer paper and leave under weights till cold. Then cut up into bars and roll in wax paper, tinfoil, or gelatine paper. Keep in tins till required.

### Violet Nougat.

*Method.*—Make nougat by same recipe as nougat montelimart.

Colour violet and add violet essence instead of vanilla, and substitute violet petals for sugared almonds and pistachios.

### Cherry Nougat.

*Method.*—Make after recipe for French nougat. Colour pink, flavour with cherry, and substitute glacé cherries for crystallized fruits.

**Nougat Dur.***Ingredients—*

4 oz. almonds.		1 dessertspoon glucose.
4 oz. granulated sugar.		

*Method.*—Blanch, chop, and gently brown the almonds. Put glucose and sugar together in a small pan and melt without stirring. When sugar is quite liquefied add nuts and mix well together.

Turn mixture on to oiled slab and roll out thinly.

Cut into small squares for coating either with chocolate, or with glacé royale.

**CHAPTER VII****"CHOCOLATES"**

CHOCOLATE covering is one of the most fascinating branches of sweet-making.

In exhibitions an interested group can always be seen watching the process of chocolate making.

Chocolate consists of ground cocoa-nibs containing varying proportions of the original cocoa-butter, and may be had sweetened or unsweetened.

The various couvertures or chocolates vary greatly in consistency, and a good quality should always be used as cheap makes consist largely of sugar, starch, and vegetable fats, other than cocoa-butter.

**Chocolate Covering No. 1.***Ingredients—*

$\frac{3}{4}$ lb. chocolate.		Cocoa-butter.
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*Method.*—Cut up chocolate roughly and melt down carefully in a small pan over a gentle heat, stirring all the time till the chocolate is quite smooth.

The amount of cocoa-butter to be added varies with the chocolate used. Some chocolates require one or two ounces of cocoa-butter added to the pound of chocolate, whilst other makes require no such addition.

When chocolate is quite smooth, add sufficient cocoa-butter to make it a right consistency for coating.

Stir chocolate till cold and set. Then reliquefy by subjecting to a gentle heat, till chocolate is thin enough to coat with.

**Nougat Dur.***Ingredients—*

4 oz. almonds.		1 dessertspoon glucose.
4 oz. granulated sugar.		

*Method.*—Blanch, chop, and gently brown the almonds. Put glucose and sugar together in a small pan and melt without stirring. When sugar is quite liquefied add nuts and mix well together.

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When chocolate is quite smooth, add sufficient cocoa-butter to make it a right consistency for coating.

Stir chocolate till cold and set. Then reliquefy by subjecting to a gentle heat, till chocolate is thin enough to coat with.

Coating should be done in a warm, dry atmosphere. Drop centres into chocolate. Lift out with a dipping-fork and drop them on to clean sheet of tin, and decorate top with a twisted strand of chocolate. They should, if properly coated, dry bright and glossy.

### Chocolate Covering No. 2.

For those who prefer to use unsweetened chocolate the following method is given:—

#### Ingredients—

$\frac{1}{2}$ lb. unsweetened chocolate.	Vanilla essence.
$\frac{1}{2}$ lb. finest pulverized sugar.	About $1\frac{1}{2}$ oz. cocoa-butter.

*Method.*—Cut up and melt chocolate, add sugar and mix well. Add sufficient melted cocoa-butter to make to the proper consistency for coating.

Flavour with vanilla if desired. Drop each centre in mixture, turn on to tin sheet, and leave till set.

### Chocolate Creams.

*Method.*—Balls of French fondant No. 1, of various colours and flavours, are dipped in chocolate prepared by one of the methods above described.

### Marzipan Chocolates.

*Method.*—Make some marzipan as directed and roll out length and thickness of a pencil. Cut into pieces three-quarters of an inch in length. Dip these pieces neatly in chocolate.

### Rough Marzipan Pralines.

*Method.*—Make large oval marzipan centres. Dip in chocolate and toss in small chocolate balls. Place in oval paper cases.

### Chocolate Ginger.

*Method.*—Procure some preserved ginger and cut it into neat cubes. Cover these with chocolate in the usual way.

### Chocolate Dates.

*Method.*—Take some Tunis dates; stone them and split in two lengthways. Coat with chocolate.

### Chocolate Walnut Drops.

*Method.*—Take  $1\frac{1}{2}$  oz. walnuts and chop them roughly. Melt down some chocolate in a small pan; mix in nuts and drop on to tin sheet in small rough heaps.

When set they can easily be removed from tin.

### Chocolate Nougat.

*Method.*—Cut some French white nougat into cubes, and dip them in usual way.

### Pralines.

*Method.*—Make round centres of praline paste and coat with chocolate.

### Chocolate Peppermints.

*Method.*—Prepare fondant No. 2 and make into peppermint creams. Then coat with chocolate.

### Chocolate Croquettes.

*Method.*—Carefully prepare chocolate as for covering. Have ready some perfectly clean and dry croquette moulds. Make a paper icing bag and force chocolate into moulds. Leave for twenty-four hours to harden, when they should leave the moulds quite easily.



**Chocolate Drops.**

*Method.*—Prepare as above, and pipe into small heaps on tin sheet. Shake tin to flatten drops and leave till set, when they can easily be removed.

**Nut Milk Chocolate.***Ingredients—*

$\frac{1}{2}$  lb. milk chocolate. | Cocoa-butter. | 1 oz. nuts.

*Method.*—Melt down chocolate, and in another pan melt chocolate butter. Add butter to chocolate till the same consistency as chocolate prepared for covering.

Add nuts and pour into bar frames. Shake out when cold.

**Various Chocolates.**

Toffees, caramels, opera creams, marsh mallows, etc., can all be utilised as centres for chocolates once the knack of covering has been acquired.

**Chocolate Brazil Nuts.***Ingredients—*

Some Brazil nuts. | Orange-flower water.  
Icing sugar. | 1 teaspoonful fresh butter.

*Method.*—Pound some Brazil nuts to a soft paste with one teaspoonful fresh butter. Work in sufficient icing sugar to make a firm paste.

Select some good kernels and cover them with prepared paste. Dip in chocolate and drop into double moulds, Brazil-nut shape. Keep in a cold place till set, then turn out and dust with chocolate powder.

**Chocolate Nougatines.***Ingredients—*

4 oz. almonds. | 4 oz. castor sugar.

*Method.*—Place almonds in pan with cold water and bring to boiling point. Then drain and rub in coarse

towel to remove skins. Shred into thin slices, and toast till they turn a pale brown.

Put sugar into a pan and melt down till quite liquid; then add nuts and turn on to slab. Roll out thinly, cut into squares, and coat with chocolate.

**Chocolate Marrons.**

*Method.*—Take broken pieces of marrons glacés and rub through sieve. Add sufficient icing sugar to form to a paste, and roll into round centres. Coat with chocolate.

**Chocolate Diplomat.**

*Method.*—Take some marzipan and colour a pale green. Roll out length and thickness of a pencil.

Prepare chocolate covering method 1 or 2, and when ready brush over the marzipan with this chocolate. Roll in granulated chocolate, and cut up in inch lengths.

**Ronavalos.***Ingredients—*

4 oz. walnuts. | 1 teaspoon fresh butter.  
5 oz. castor sugar.

*Method.*—Pound walnuts to a paste. Reduce sugar to caramel, and when cold pound to a powder. Add to walnut paste, and pound together with fresh butter; then form into large oval centres.

Dip in chocolate and roll in small chocolate balls.

## CHAPTER VIII

### SWEETS BOILED FROM 240° TO 300°, INCLUDING TOFFEES, TABLETS, CANDIES, AND CARAMELS

#### Cocoa-nut Tablet (Simple Way).

##### Ingredients—

2 lb. castor sugar.	1 teaspoonful butter.
1 breakfast-cup water.	$\frac{1}{4}$ lb. desiccated cocoa-nut.

*Method.*—Put sugar and water into a pan and dissolve slowly. When boiling, add the butter and cocoa-nut. Boil to 240°, then remove from fire and pour into well-greased tins. Beat with a fork till it becomes white and sugary, and stop beating just as it sets.

Cut up into bars when cold and wrap each piece in wax paper.

#### Cocoa-nut Ice.

##### Ingredients—

2 lb. castor sugar.	1 teaspoonful butter.
$\frac{1}{2}$ pint water.	$\frac{1}{4}$ lb. desiccated cocoa-nut.
2 tablespoonfuls fondant.	1 teaspoonful lemon juice.
Pinch cream of tartar.	

*Method.*—Dissolve sugar in water, add cream of tartar and boil up, then remove scum. Add cocoa-nut and boil to 240°. Remove pan from fire and stir in the fondant moistened with the lemon juice. Stir till the mixture becomes quite white, then pour on to slab between greased candy bars or into well-oiled tins.

Melt down some French fondant No. 1 or No. 2, colour pink, and flavour with either cocoa-nut, vanilla, or rose, and

run this thinly on surface of ice. When quite set, cut up into bars with an old dinner-knife and wrap in wax paper.

This toffee should be marked or "creased" when half set.

#### Brown Cocoa-nut Tablet.

##### Ingredients—

1 $\frac{1}{2}$ lb. brown sugar.	$\frac{1}{2}$ pint water.
$\frac{1}{2}$ lb. granulated sugar.	1 cocoa-nut.

*Method.*—Bore cocoa-nut at eyes and extract milk, then shell nut and cut up fleshy white part into thin shavings, leaving on brown skin.

Put sugar and water into pan and add milk of cocoa-nut. Dissolve in usual way, and when it boils add cocoa-nut and continue boiling to 240°.

Remove from fire and beat syrup in pan till it becomes grained, then pour on to oiled slab between candy bars, and when set and cold cut up into strips.

#### Saragossa Candy.

##### Ingredients—

1 lb. granulated sugar.	2 oz. ground nuts.
1 dessertspoon glucose.	Yellow colouring.
1 gill water.	1 dessertspoon maraschino.
1 dessertspoon fondant No. 1.	

*Method.*—Put sugar into a pan with water and glucose and boil to 240°. Then add nuts and colour. Add fondant and beat till cloudy; add maraschino just before pouring out on to oiled slab.

#### Lemon Tablet.

##### Ingredients—

1 lb. castor sugar.	Lemon yellow.
1 $\frac{1}{2}$ gills water.	Lemon essence.
1 dessertspoon glucose.	Citric acid.

*Method.*—Boil sugar, water, and glucose to 240°. Add colouring, essence, and a few crystals of citric acid. Beat

till cloudy, then pour out between candy bars and cut up in usual way.

### Ginger Tablet.

#### Ingredients—

1 lb. castor sugar.	2 oz. preserved ginger.
1½ gills water.	Brown colouring.
Pinch cream of tartar.	Ginger essence.

*Method.*—Boil sugar, water, and cream of tartar to 240°. Cut up ginger into small dice and add to syrup along with colouring and essence. Grain the syrup and pour out on to oiled slab.

### Tangerine Tablet.

*Method.*—Make tablet according to previous recipe, substituting one tablespoonful tangerine marmalade for ginger, and flavouring with tangerine essence. Colour with orange yellow.

### Fig Tablet.

#### Ingredients—

1 lb. brown sugar.	½ lb. figs.
1½ gills water.	1 teaspoonful butter.

*Method.*—Dissolve sugar in water and add butter when boiling. Chop up figs and add them. Boil all to 240°, then remove from fire. Grain the syrup and pour into well-oiled tins.

### Tutti-Frutti Tablet.

#### Ingredients—

1 lb. castor sugar.	½ lb. mixed crystallized
1½ gills water.	fruits and nuts.
	Vanilla essence.

*Method.*—Dissolve sugar in water, remove scum and boil to 240°. Chop nuts and fruits and add them along with essence to taste. Grain the syrup and pour into oiled tins.

### Helensburgh Toffee.

#### Ingredients—

2 lb. granulated sugar.	1 teacup water.
¼ lb. butter.	Vanilla essence.
	1 tin Swiss milk.

*Method.*—Melt butter and add to it sugar and water. Allow all to boil for ten minutes, then add Swiss milk and stir vigorously till it boils and for ten to fifteen minutes longer. Remove from fire, add vanilla, and pour on to greased slab or into buttered tins.

### Everton Toffee.

#### Ingredients—

1 lb. granulated sugar.	Pinch cream of tartar.
4 oz. butter.	1 gill of water.

*Method.*—Put butter into pan and melt it; then add sugar and water, and dissolve sugar slowly. Boil up to 300° and pour on to well-oiled slab. Mark it neatly into squares before quite set, and break at marks when cold.

### Everton Toffee (another Method).

#### Ingredients—

1 lb. granulated sugar.	A few drops of lemon juice.
1½ gills water.	3 oz. butter.

*Method.*—Dissolve sugar slowly in water, then bring to boiling point and remove scum. Boil to 270°. Remove from fire, add butter (cut up in small pieces) and lemon juice.

Boil up to 300° and then remove pan from fire, completing the process as described in previous recipe.

### Barley Sugar.

#### Ingredients—

1 lb. granulated sugar.	Zest and juice of half lemon.
½ doz. pieces loaf-sugar.	Lemon-yellow colouring.
	1½ gills water.

*Method.*—Rub lumps of sugar on lemon to remove zest.

Put lump and granulated sugar into a pan, add water, and dissolve sugar very slowly.

When syrup is perfectly clear boil to  $270^{\circ}$ , then add lemon juice and colouring. Boil to  $300^{\circ}$  and then pour on to an oiled slab, and leave till slightly cooled. Cut in even strips and twist.

Place on wax paper, and when cold lay past in air-tight bottles or tins, as it rapidly spoils when exposed to the air.

### Russian Toffee (Wrapped).

#### Ingredients—

1½ lb. sugar.	1 teacupful red currant or apple
½ lb. butter.	jelly.
1 teacupful cream.	2 teaspoonfuls cocoa.
	Vanilla essence.

*Method.*—Melt butter and add all other ingredients except essence. Boil for twenty-five minutes, stirring as little as possible. When a drop cooled on slab cuts clean with a knife, pour into oiled tins and mark with an oblong cutter. Turn out when cold and break into neat pieces, wrapping each in wax paper.

### Russian Toffee (with Swiss Milk).

#### Ingredients—

3 oz. butter.	2 teacupfuls sugar.
2 tablespoonfuls syrup.	1 tin condensed milk.
	Vanilla essence.

*Method.*—Stir the ingredients till they have boiled for twenty minutes. Add essence and pour into oiled tins.

### Brown Walnut Toffee.

#### Ingredients—

1 lb. brown sugar.	1 gill water.
½ lb. syrup.	Cream of tartar.
1 oz. butter.	3 oz. chopped walnuts.

*Method.*—Put into pan the water, sugar, syrup, cream of

tartar, and butter. Boil syrup to  $280^{\circ}$  then add nuts, and pour on to oiled slab.

If liked, this toffee can be rolled into long sticks, cut in ½-inch lengths, and each piece wrapped in waxed paper.

### Edinburgh Rock.

#### Ingredients—

1 lb. granulated sugar.	Flavour and colouring.
1½ gills water.	A good pinch cream of tartar.

*Method.*—Dissolve sugar in water and add cream of tartar. Carefully remove all scum and boil to  $262^{\circ}$ . Pour on to oiled slab or on to oiled dish. Add colour and flavour, and as it cools turn over with a knife to ensure regular cooling. When cool enough to handle, rub fingers slightly with salad oil and proceed to pull the candy for about a quarter of an hour.

The pulling may be done over a candy hook or with the hands, as preferred. Whilst pulling, drop a little piece into cold water and taste to see if sufficiently flavoured.

After sugar is sufficiently pulled, draw it out into stalks and cut into required lengths.

Place on wax paper on tray and lay aside for a day, when the rock should, if properly pulled, be powdery and granulated to the centre. Lay aside in air-tight tins.

#### Suggested Colours and Flavours—

Peppermint—white.	Cinnamon—pink.
Ginger—brown.	Lemon—yellow.

### Molasses Candy.

#### Ingredients—

½ pint syrup or American	1 tablespoonful butter.
molasses.	½ gill water.
½ lb. brown sugar.	1 teaspoon vinegar.

*Method.*—Put sugar, water, syrup, and butter into pan. When dissolved add vinegar. Boil to  $280^{\circ}$ . Pour on to oiled slab, and when cool enough pull and shape into stalks.

## Clear Almond Toffee.

## Ingredients—

2 lb. granulated sugar.	1½ gills water.
½ lb. butter.	Pinch cream of tartar.
	½ lb. almonds.

*Method.*—Blanch, split, and bake the almonds. Oil slab or tin. Sprinkle almonds split side down.

Boil the sugar and water together, add butter, and boil to 300°. Pour this syrup over nuts, which should be warm.

## Clear Walnut Toffee.

*Method.*—Make this according to previous recipe, substituting half walnuts for almonds, and placing them flat side down.

## Sea Foam or Puff Candy.

## Ingredients—

1 lb. granulated sugar.	3 tablespoonfuls of royal icing.
1½ gills water.	Flavour.
	2 oz. chopped nuts.

*Method.*—Put sugar and water into a good-sized pan and boil to 300°, adding nuts before that degree is reached. Remove from fire and stir in the royal icing, to which the desired essence should have been previously added. Pour quickly into the prepared tin.

## Butter Scotch.

## Ingredients—

1 lb. brown sugar.	½ salt spoonful cream of tartar.
½ gill water.	A few drops of vanilla.
	3 oz. salt butter.

*Method.*—Put all ingredients together in a pan and boil up to 300°. Pour on to slab. Mark with caramel cutter or with a knife. Leave till quite cold and hard before breaking up. Wrap first in wax paper and then in tinfoil.

## Cream Cushions.

## Ingredients—

1 lb. sugar.	Pinch cream of tartar.
1½ gills water.	Flavour and colour.

*Method.*—Dissolve sugar in water; add cream of tartar. Remove scum and boil to hard ball. Pour on to slab. Add colour and flavour, and turn out with knife till firm enough to pull; then quickly pull for twenty minutes and draw out into strips. Cut strips into short lengths, and place cushions on waxed paper for a day to granulate. Pack them in air-tight tins.

## Treacle Toffee.

## Ingredients—

1 lb. Demerara sugar.	1 gill water.
2 oz. treacle.	2 oz. butter.
	Few drops acetic acid.

*Method.*—Dissolve sugar in water, add butter, and boil to 270°, then add acetic acid and continue boiling till 280° is reached. Pour out into a shallow oiled tin, and when quite cold break up into rough pieces with a toffee hammer.

## Gundy.

## Ingredients—

1 lb. brown sugar.	1 dessertspoon glucose.
2 oz. treacle.	Few drops acetic acid.

*Method.*—Dissolve together sugar, water, and treacle. Add glucose and boil to 270°; then add acid and continue boiling to 280°. Pour on to oiled slab, and when cold enough to handle pull for a few minutes, then shape into long thin sticks and roll each in wax paper.

## Mock Maple Candy.

## Ingredients—

1 lb. Demerara sugar.	2 oz. butter.
1 gill water.	Pinch cream of tartar.
	2 oz. syrup.

*Method.*—Dissolve sugar in water. Add cream of tartar



and boil. When boiling add butter. Put in thermometer and boil to 240°. Remove pan from fire and stir till cloudy; then pour into greased tin and mark as soon as set. Cut up when quite set and roll in wax paper.

### Honey Caramels.

#### Ingredients—

1 cup run honey.	Vanilla essence.
1 cup brown sugar.	1 tablespoonful glucose.
$\frac{1}{2}$ cup milk or cream.	1 oz. butter.

*Method.*—Put all ingredients into pan except vanilla. Boil till hard-ball stage is reached. Remove from fire, add vanilla, and pour on to oiled slab.

### Butter Drops.

#### Ingredients—

1 gill syrup.	2 oz. butter.
$\frac{1}{2}$ lb. sugar.	Few drops vanilla.
$\frac{1}{2}$ gill water.	

*Method.*—Boil all ingredients together to 290°, allow to cool down, and then drop on to oiled slab or tin.

### American Cream Candy.

#### Ingredients—

1 lb. sugar.	Pinch cream of tartar.
$1\frac{1}{2}$ gills water.	Colour and flavour.

*Method.*—Melt sugar in water and add cream of tartar. When boiling, put in thermometer and boil to 280°. Pour on to oiled slab. Add colour and essence desired. Pull till glossy, and break into required lengths.

### Chocolate Caramels.

#### Ingredients—

$\frac{3}{4}$ lb. brown sugar.	1 teaspoon vanilla.
6 oz. fresh butter.	1 gill cream.
$1\frac{1}{2}$ oz. unsweetened chocolate.	1 gill milk.
2 teaspoonfuls glucose.	

*Method.*—Boil together sugar, glucose, milk, cream, and

butter. After it has simmered for five minutes add the chocolate, which should have been melted down in another pan. Add vanilla and remove when hard-ball stage is reached. Pour on to oiled slab or tin and, when cold, cut up into cubes and wrap each in wax paper.

### Lemon Caramels.

#### Ingredients—

$\frac{3}{4}$ lb. brown sugar.	1 gill milk.
$\frac{1}{2}$ lb. loaf-sugar.	1 gill cream.
6 oz. butter.	2 tablespoonfuls glucose.
	1 lemon.

*Method.*—Rub loaf-sugar on lemon to remove zest. Put loaf and brown sugar into pan with milk, cream, glucose, and lemon juice. When dissolved, add butter cut in small pieces. Boil till hard-ball stage is reached, then turn out on to oiled slab or in to oiled tin. Cut up when cold into oblong pieces and wrap in waxed paper.

### Vanilla Caramels.

*Method.*—Make same as above, leaving out lemon and substituting vanilla essence. If the Glasgow Confectionery School essences are used, 1 teaspoonful vanilla will be sufficient.

### Ginger Caramels.

*Method.*—Same as above, using  $\frac{1}{2}$  teaspoonful ginger essence instead of vanilla. Small pieces of chopped preserved ginger may be added, if liked.

### Nut Caramels.

*Ingredients.*—Barcelonas, pignolias, Brazil nuts, walnuts, any or all above may be added to the vanilla or lemon caramel mixture.

Two or three oz. of nuts should be used for quantity of caramel given.

**Black Striped Balls.***Ingredients—*

- |                              |                                         |
|------------------------------|-----------------------------------------|
| (1) 1 lb. brown sugar.       | (2) $\frac{1}{2}$ lb. granulated sugar. |
| 1 $\frac{1}{2}$ gills water. | Pinch cream of tartar.                  |
| Brown colouring.             | Peppermint essence.                     |
| Peppermint essence.          | $\frac{3}{4}$ gill of water.            |

*Method.*—(1) Put brown sugar and water into pan. Melt down, then boil to  $280^{\circ}$ ; add colouring and essence, turn out on to slab to cool. Fold into centre and roll into one long stick.

(2) Put into another pan granulated sugar, water, and cream of tartar. Boil to  $300^{\circ}$  and turn on to slab. Add essence. Fold in to centre and then pull till white. Twist round brown stick. Pull out and cut into balls. To make them round keep rolling till cold. To do this sweet successfully have both boilings ready at the same time.

**Apricot Candy.***Ingredients—*

- |                                  |                   |
|----------------------------------|-------------------|
| 1 lb. sugar.                     | 1 gill water.     |
| $\frac{1}{2}$ lb. apricot puree. | Yellow colouring. |

*Method.*—Dissolve sugar and water. Add pulp of apricots and boil to  $240^{\circ}$ . Add colour and, if necessary, apricot essence. Grain and pour into tin. Crease and cut up when cold.

**Barcelona Toffee.***Ingredients—*

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| $\frac{3}{4}$ lb. brown sugar.      | 1 $\frac{1}{2}$ gills water.         |
| $\frac{3}{4}$ lb. granulated sugar. | $\frac{1}{2}$ lb. Barcelona kernels. |
| 2 oz. glucose.                      | Vanilla flavouring.                  |

*Method.*—Dissolve sugars in water, add glucose. Remove scum and boil to  $300^{\circ}$ . Add flavouring, nuts, and pour into oiled tins.

Cut up into strips and wrap in wax paper.

**Pop-Corn.**

*Method.*—Procure some silver corn maize. Place corn in a tin and shake over clear fire till all the grains have popped, or burst.

The popped corn can then be substituted for Barcelona kernels in the previous recipe to make pop-corn candy.

**Lemon Toffee (Simple).***Ingredients—*

- |                              |                        |
|------------------------------|------------------------|
| 1 lb. granulated sugar.      | Lemon yellow.          |
| 1 $\frac{1}{2}$ gills water. | Lemon essence.         |
|                              | Pinch cream of tartar. |

*Method.*—Dissolve sugar in water, add cream of tartar and colouring. Boil to  $310^{\circ}$ . Add essence; pour into shallow tins. Crease and cut up when cold.

**Raspberry Twist.***Ingredients—*

- |                            |                           |
|----------------------------|---------------------------|
| 2 lb. sugar.               | Rasp essence.             |
| $\frac{1}{2}$ lb. glucose. | Geranium red colouring.   |
|                            | $\frac{1}{2}$ pint water. |

*Method.*—Dissolve sugar in water; add glucose. Boil to  $290^{\circ}$ , then add colouring. Continue boiling to  $300^{\circ}$ .

Pour on to slab, sprinkle essence over and fold into toffee. As soon as cool enough to handle pull till glossy, then shape into three strips and plait them together.

**Cinnamon Sticks.***Ingredients—*

- |                            |                   |
|----------------------------|-------------------|
| 1 lb. sugar.               | Red colour.       |
| $\frac{1}{2}$ lb. glucose. | Cinnamon essence. |
|                            | 1 gill water.     |

*Method.*—Dissolve and boil to  $300^{\circ}$ . Pour on to slab and fold in flavour. Cut off one-third and colour it a deep red. Pull both white and red portions till glossy. Twist into sticks and cut into required lengths.

## Maple Toffee.

## Ingredients—

$\frac{1}{2}$ lb. maple sugar.		1 oz. butter.
$\frac{1}{4}$ lb. brown sugar.		Vanilla essence.
		$1\frac{1}{2}$ gills water.

*Method.*—Dissolve sugars in water. When boiling add butter and boil to the crack. Then add vanilla essence and pour into tins.

## Fudge.

## Ingredients—

1 lb. sugar.		3 oz. chocolate.
$\frac{1}{2}$ gill cream.		2 oz. butter.
1 gill milk.		Few drops vanilla.

*Method.*—Dissolve sugar. Add butter and chocolate melted. Boil to  $240^{\circ}$ . Grain, and pour into oiled tin.

## CHAPTER IX

## DESSERT BONBONS

## Marrons Glacés.

## Ingredients—

$2\frac{1}{2}$ lb. chestnuts.		1 vanilla pod quartered.
		Syrup.

*Method.*—Boil chestnuts slowly, using an earthenware pan, until tender enough for a needle to run in quite easily.

Remove brown skins and plunge nuts into acidulated water. Drain on hair sieve and return them to pan and add vanilla. Prepare a syrup of  $18^{\circ}$  on saccharometer, and pour this over nuts at a temperature of  $70^{\circ}$  F. Next day lift nuts out of syrup, and add enough sugar to bring density of syrup to  $22^{\circ}$  on saccharometer.

Pour this boiling syrup over the nuts and repeat process on three alternate days, gradually increasing density of syrup to  $28^{\circ}$ . On ninth day add  $\frac{1}{2}$  lb. glucose, and boil to  $34^{\circ}$  on saccharometer. Pour this over nuts and bottle for use.

## To Glacé.

Take number of marrons desired out of syrup and drain on sieve. Make a syrup to  $35^{\circ}$  on saccharometer, and grain a little of it on side of pan; then stir syrup till slightly opaque.

Dip the marrons into this syrup one by one, and serve in paper cases.

There will always be a fairly high percentage of waste from breakage in making marrons glacés, so these broken

**Maple Toffee.***Ingredients—*

$\frac{1}{2}$ lb. maple sugar.		1 oz. butter.
$\frac{1}{4}$ lb. brown sugar.		Vanilla essence.
		$1\frac{1}{2}$ gills water.

*Method.*—Dissolve sugars in water. When boiling add butter and boil to the crack. Then add vanilla essence and pour into tins.

**Fudge.***Ingredients—*

1 lb. sugar.		3 oz. chocolate.
$\frac{1}{2}$ gill cream.		2 oz. butter.
1 gill milk.		Few drops vanilla.

*Method.*—Dissolve sugar. Add butter and chocolate melted. Boil to  $240^{\circ}$ . Grain, and pour into oiled tin.

**CHAPTER IX****DESSERT BONBONS****Marrons Glacés.***Ingredients—*

$2\frac{1}{2}$ lb. chestnuts.		1 vanilla pod quartered.
		Syrup.

*Method.*—Boil chestnuts slowly, using an earthenware pan, until tender enough for a needle to run in quite easily.

Remove brown skins and plunge nuts into acidulated water. Drain on hair sieve and return them to pan and add vanilla. Prepare a syrup of  $18^{\circ}$  on saccharometer, and pour this over nuts at a temperature of  $70^{\circ}$  F. Next day lift nuts out of syrup, and add enough sugar to bring density of syrup to  $22^{\circ}$  on saccharometer.

Pour this boiling syrup over the nuts and repeat process on three alternate days, gradually increasing density of syrup to  $28^{\circ}$ . On ninth day add  $\frac{1}{2}$  lb. glucose, and boil to  $34^{\circ}$  on saccharometer. Pour this over nuts and bottle for use.

**To Glacé.**

Take number of marrons desired out of syrup and drain on sieve. Make a syrup to  $35^{\circ}$  on saccharometer, and grain a little of it on side of pan; then stir syrup till slightly opaque.

Dip the marrons into this syrup one by one, and serve in paper cases.

There will always be a fairly high percentage of waste from breakage in making marrons glacés, so these broken

pieces may be rubbed through a sieve and mixed with sufficient icing sugar to form a smooth firm paste.

This mixture may be rolled into balls and coated with chocolate, or formed into chestnut shapes and then dipped in a very dark brown glaze to form the imitation chestnuts known as "Marrons Déguisés." The glaze may be coloured brown with brown colouring or melted unsweetened chocolate.

### Cerises Déguisés à l'Eau de Vie.

*Method.*—Take a quantity of fine morella cherries. Pick them very carefully, rejecting any that are in the slightest degree blemished or unsound; use only perfectly ripe fruit. Wipe carefully and cut off stalks 1 inch from fruit. Allow three ounces crushed sugar candy to each pound of fruit.

Pack in wide-mouthed bottles, add sugar candy, and cover with good brandy. Leave for three months before using.

### Cerises Déguisés.

Lift the cherries out of bottles and drain on sieves.

Make some very fine and smooth vanilla-flavoured covering fondant, either white or pink, and bring it to a nice consistency for coating. Dip the cherries in fondant, holding them by the stalks, and set on wax paper to dry. Serve in paper cases.

### Walnuts Fourrés.

*Method.*—Make some coffee-flavoured opera cream and place round half walnuts, making large oval centres with walnut in centre.

Dip these as coffee-flavoured fondant No. 3, and if liked decorate the top with piece of walnut.

### Fruits Fourrés Glacés.

*Method.*—Take some crystallized fruits and cut into fancy shapes. Form large oval, round, and pear-shaped

centres of marzipan. Place the cut fruits on each side and leave till dry.

Dip in hard, clear glaze and serve in paper cases for dessert.

### Noix Fourrés Glacés.

*Method.*—Various nuts may be prepared and glazed in the same way; a filling of almond cream or marzipan being used as a foundation.

### Grapes Glacés.

*Method.*—Take some fresh ripe grapes and see that the stalk is left intact on each. Dip each one separately in a clear hard glaze, and drop on greased slab or tray till set.

### Orangers Glacés.

*Method.*—Divide orange carefully into liths. Then, by means of a dipping-fork, dip each lith into clear hard glaze.

These sweets will not keep for any length of time, and must be used on the day they are made.

### Fruit Pastilles.

#### Ingredients—

$\frac{1}{2}$  lb. fruit puree.

|

6 oz. sugar.

*Method.*—Take any fruit liked, provided that it is one which contains a fair proportion of pectin or fruit jelly—very watery fruits not being suitable.

To prepare fruit puree the fruit must be stewed till tender, with sufficient sugar to sweeten (4 oz. sugar to 1 lb. fruit being sufficient for most fruits). Tinned or bottled fruits, which are already cooked and sweetened, may be used without further stewing or sweetening. The fruit is then rubbed through a hair sieve which keeps back skins, seeds, and hard fibrous parts, and reduces remainder to a pulp.

Put this puree and sugar together in a pan, and cook



gently until the mixture is quite thick. Set aside to cool, then make a paper forcing-bag and pour in mixture. Force out into rounds (the size of peppermint cream rings) on wax paper.

Sprinkle with sugar, and when set remove from paper and stick two together. These sweets may be coloured red, yellow, or green to suit the fruits used, unless the natural colour is sufficiently decided to need no such addition.

### Nougat Baskets.

#### Ingredients—

$\frac{1}{2}$ lb. almonds.	1 tablespoonful water.
$\frac{1}{2}$ lb. sugar.	1 tablespoonful lemon juice.

*Method.*—Blanch, chop, and brown almonds. Put sugar, water, and lemon juice together in a pan, and boil till it makes a clear brown syrup free from lumps.

Stir in the almonds and turn out on to a well-oiled slab; work it a little and return it to pan to keep hot. Have ready some small basket moulds (those in two pieces are generally used) and oil them very well.

Take a small piece of nougat at a time and roll out thinly. Press into two parts of mould, then shake out and press two halves together, heating them slightly before joining, if necessary, to make them adhere.

Shape handles of thin strips of nougat. Fill centre of baskets with whipped cream, and decorate with preserved fruits or crystallized petals. Decorate edge of basket and handle with glacé royale. The baskets can be made and kept in tins, but must be filled just before using.

### Salted Almonds.

*Method.*—Blanch  $\frac{1}{4}$  lb. fine Jordan almonds. Put 1 dessertspoonful butter into a very clean frying-pan and let it get smoking hot. Drop in almonds and fry to a light golden brown.

Spread on soft paper to drain, then sprinkle with fine table salt.

### Salted Barcelonas.

*Method.*—Put nuts into oven to dry up the outer skin, then rub on a coarse towel. Prepare in the same way as for almonds.

### Deville Almonds.

#### Ingredients—

$\frac{1}{2}$ lb. almonds.	1 dessertspoonful chopped chillies.
$\frac{1}{2}$ teaspoonful salt.	1 dessertspoonful chopped onions.

*Method.*—Blanch almonds. Melt 1 dessertspoonful butter in a very clean frying-pan or Sauté pan, and when smoking hot put in all other ingredients and keep turning over till the almonds are daintily browned.

### Deville Barcelonas.

*Method.*—Prepare as above, substituting Barcelonas for almonds.

These and other nuts, salted and devilled in similar ways, form excellent cleansers of the palate. They should be served in small bon-bonieres, and left on the table during the dinner service.

### Deville Bananas.

#### Ingredients—

4 bananas.	1 dessertspoonful chopped chillies
1 tablespoonful butter.	or
1 teaspoonful chopped pickles.	A good sprinkling cayenne pepper.
	$\frac{1}{4}$ teaspoonful salt.

*Method.*—Slice bananas and put them with other ingredients into the smoking-hot butter. Cook for four minutes and serve.

### Fraises Sucrés.

*Method.*—Take some fresh ripe strawberries—only the choicest fruit should be used for this purpose. Leave husks on strawberries. Dry some coarse granulated sugar near the fire without allowing it to melt.

Beat up one white of egg slightly—dip fruit in white and then toss it in dry warm sugar. Set in a warm place till dry.

For decoration a few strawberry leaves may be treated in a similar way.

### Orange Pralines.

*Method.*—Take three Seville oranges and pare off rinds, cutting them into narrow strips. Boil strips for ten minutes. Then drain on a towel to absorb superfluous moisture.

Take  $\frac{1}{2}$  lb. sugar and the juice of the oranges and dissolve and boil to  $310^{\circ}$ . Coat orange strips in this glaze, and keep for use.

### Tiverton Humbugs.

*Method.*—Take some fine Jordan almonds, blanched and dried. Prepare some clear hard glaze, and dip almonds in one at a time. When cold, give each a second dipping in glaze. Drop on to oiled tin.

### Opera Cream Caramel.

#### Ingredients—

14 oz. castor sugar.  
 $\frac{1}{2}$  gill milk.  
1 gill cream.

$\frac{2}{3}$  teaspoon glucose.  
 $1\frac{1}{2}$  dessertspoonfuls coffee  
essence.

*Method.*—Put sugar, milk, cream, and glucose into pan. Dissolve slowly, then put in thermometer and boil to  $230^{\circ}$ . Add coffee, and boil up to  $235^{\circ}$ . Pour into basin, and when cooled stir to a paste. Pour into nougat frame, which should be lined with wax paper, and place under weights till cold. Cut up into cubes and crystallize.

### Spun Sugar.

#### Ingredients—

$\frac{1}{2}$  lb. sugar.

1 gill water.

*Method.*—Dissolve sugar in water very thoroughly, and put in thermometer. Brush carefully round pan during boiling, and boil up to  $310^{\circ}$ . Remove from fire and place in pan of hot water to keep sugar liquid. Oil two rolling-

pins or any substitute, and fix under weights with ends projecting over edge of table. Cover floor underneath with clean paper.

Take an old whisk, or a couple of forks placed back to back, and dip in syrup. Move whisk rapidly backwards and forwards over the oiled sticks. The syrup cooling will form long threads fine as silk, which are then gathered from sticks and paper, and used to decorate creams and ices.

If the syrup becomes too thick remelt it *carefully* over fire or gas, and then continue spinning in same manner as at first.

Make spun sugar on a dry day, as moisture in the air prevents it from working properly.

### Apple Drops.

#### Ingredients—

2 lb. apples.  
Sugar.

Green colouring.  
Lemon or other fruit essence.

*Method.*—Pare, core, and stew the apples, then rub them through a hair sieve. To every pound of apple puree allow 1 lb. of sugar and add colour and flavour to taste. Boil till a drop cooled on slab sets firm. Then pipe out small heaps the size of a penny, and sprinkle with granulated sugar. Stamp out some small rounds of marzipan and cut in halves.

Remove the apple puree from slab and double each round, placing a semicircular piece of marzipan in centre of each.

### Vienna Twists.

*Method.*—Make some marzipan according to old German recipe, and roll out into a thin rod not so thick as an ordinary pencil. Cut into six-inch lengths and form into various knots, twists, miniature rolls, and cottage-loaf shapes. Brown and glaze them.

### Walnuts au Caramel.

*Method.*—Prepare some walnuts as described for caramel walnuts, but instead of finishing with white of egg and sugar, dip in clear hard glaze.

## CHAPTER X

### MISCELLANEOUS SWEETS, UNBOILED SWEETS, ARRANGING OF BOXES

#### Cocoa-nut Snowflakes.

*Method.*—Make a syrup to  $238^{\circ}$  with  $\frac{1}{2}$  lb. granulated sugar and  $\frac{3}{4}$  gill of water.

Stir till it clouds, then add 2 oz. desiccated cocoa-nut, and continue stirring till quite firm. Drop in small heaps on to marble slab.

#### Brazil Nut Kisses.

*Method.*—Make a syrup to  $238^{\circ}$  with  $\frac{1}{2}$  lb. Demerara sugar and  $\frac{3}{4}$  gill of water.

Stir till it clouds, then add 2 oz. chopped Brazil nuts, and continue stirring till quite firm. Drop in small heaps on to marble slab.

#### Cherry Kisses.

*Method.*—Make a syrup to  $238^{\circ}$  with  $\frac{1}{2}$  lb. granulated sugar and  $\frac{3}{4}$  gill of water.

Add a few drops geranium red and stir till it clouds; then add 2 oz. crystallized or glacé cherries, chopped, and as soon as firm drop in small heaps on to marble slab.

#### Cream Crackers.

*Method.*—Take 2 oz. of fondant any flavour and colour

liked, and melt down in small pan with a little stock syrup.

Add  $\frac{1}{2}$  oz. thread cocoa-nut and mix thoroughly. Turn out in rough heaps and, when dry, crystallize.

#### Rosolios.

##### Ingredients—

$\frac{1}{2}$ lb. sugar.		Colouring and flavouring.
		$\frac{3}{4}$ gill water.

*Method.*—Put sugar and water together into pan and make a syrup to  $230^{\circ}$ . Add colouring and one dessert-spoonful liqueur. Cover and leave to cool, and then pour into impressions in starch tray. Leave till set, then crystallize.

#### Barley Almonds.

##### Ingredients—

1 lb. sugar.		Pinch cream of tartar.
$1\frac{1}{2}$ gills water.		Lemon yellow.
Juice of $\frac{1}{2}$ lemon.		$\frac{1}{2}$ lb. Jordan almonds.

*Method.*—Blanch and dry almonds. Dissolve sugar in water, add cream of tartar, and boil to  $270^{\circ}$ . Add lemon juice and colour and boil to  $310^{\circ}$ . Remove pan from fire, and dip almonds in this glaze, dropping them on to oiled slab or tin.

#### Burnt Almonds.

##### Ingredients—

$\frac{1}{2}$ lb. Jordan almonds.		Pinch cream of tartar.
1 lb. granulated sugar.		Colouring.
$1\frac{1}{2}$ gills water.		Gum arabic.

*Method.*—Blanch almonds, and toast in oven till a delicate shade of brown.

Put on fire a large egg bowl and in it heat almonds.

Make a syrup with sugar, water, and cream of tartar to  $280^{\circ}$ , and colour to taste. Pour a little syrup over almonds and toss in bowl till they separate. Repeat process till

syrup is used up and almonds are thickly coated with sugar. Dry for a day and then glaze them.

### To glaze Almonds.

#### Ingredients—

1 teaspoon gum arabic. | Colouring to match almonds.

*Method.*—Put gum and colour into egg bowl over gas, and toss almonds in it till all are glazed, then set in a warm place to dry.

### Coffee Walnuts.

*Method.*—Make some coffee opera cream and form into round centres, placing a piece of walnut in centre of each. Dip in coffee-flavoured French fondant No. 3, and place a half walnut on top of each.

### Crystallizing.

#### Ingredients—

1 lb. sugar. |  $\frac{1}{2}$  pint water.

*Method.*—Dissolve sugar slowly in water. Boil up and remove scum. Then continue boiling till syrup registers  $34\frac{1}{2}^{\circ}$  on saccharometer. Place a round of paper on syrup and set aside till cold.

Place sweets to be crystallized in tray and pour syrup over them. Leave fondants for eight hours and marzipans for ten hours in syrup, then pour off syrup and leave sweets till dry.

### To colour Sugar.

*Method.*—Place sugar on grease-proof paper and sprinkle with the desired colour. Rub colour into sugar evenly, then dry and bottle for use.

A stock of these coloured sugars should be made and kept ready for use.

### Marsh Mallow.

#### Ingredients—

$\frac{3}{4}$ oz. gelatine.	1 gill water and orange-flower
10 oz. granulated sugar.	water mixed.
1 gill water.	1 dessertspoon glucose.
	1 white of egg.

*Method.*—Mix together 4 dessertspoonfuls orange-flower water and sufficient water to make to one gill.

Put into flat-bottomed pan and add gelatine, stirring over fire till dissolved. In another pan put sugar, water, and glucose, and make a syrup to  $260^{\circ}$ . Pour syrup into pan with gelatine. Mix well, then add stiffly beaten white and continue whisking till just at setting point. Withdraw the whisk and let the mixture set smoothly in pan. When quite cold pass pan over gas flame to loosen mixture, and turn out on to slab sprinkled with fine icing sugar.

Leave for two days, then cut up into neat squares. Dust squares all round with icing sugar, and set apart on wire trays for two days to dry thoroughly. Then pack in a tin, sprinkling icing sugar between layers.

### Chocolate Marsh Mallow.

*Method.*—Make the same as previous recipe, but omit orange-flower water, and use instead sufficient unsweetened chocolate to give a good colour and flavour.

### Coffee Marsh Mallow.

*Method.*—Make same as marsh mallow only substitute  $2\frac{1}{2}$  dessertspoonfuls coffee essence for the orange-flower water.

The coffee essence should be added to the syrup and boiled before adding to the gelatine and white of egg, as un-boiled coffee essence has a somewhat harsh flavour.

**Fruit Jellies.***Ingredients—*

$\frac{1}{2}$ lb. any good thick jam (gooseberry, plum, apricot, black currant).	$\frac{1}{2}$ gill water. $\frac{1}{4}$ lb. granulated sugar. $1\frac{1}{2}$ oz. gelatine.
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*Method.*—Soak gelatine in water. Put into a pan the jam, sugar, and water, boil up and then rub through a fine hair sieve. Return mixture to pan and add gelatine slowly; colour to suit the fruit used.

When all is thoroughly dissolved and mixed, remove from fire and pour into starch impressions. Crystallize when finished.

**Honey Jujubes.***Ingredients—*

1 lb. granulated sugar.	$3\frac{1}{2}$ oz. gelatine.
4 oz. honey.	Yellow colouring.
	2 oz. glucose.

*Method.*—Make the syrup with water, sugar, honey, and glucose to  $280^{\circ}$ .

Add the gelatine, previously soaked in cold water. Pour into a wetted tin, turn out when cold, and cut up into diamonds, oblongs, or cubes.

Either crystallize or glaze in the following manner.

**To glaze Jujubes.**

*Method.*—Melt 1 teaspoonful of gum arabic with 1 teaspoonful of water. Toss jujubes in gum and then in granulated sugar. Dry thoroughly before laying past.

**Mock Turkish Delight.***Ingredients—*

1 oz. gelatine.	2 breakfast-cupfuls sugar.
$\frac{1}{2}$ teacupful cold water.	$\frac{3}{4}$ teacup boiling water.

*Method.*—Soak gelatine in cold water. Dissolve sugar in boiling water and boil for a minute, then add soaked gelatine leaf by leaf.

When dissolved add pine-apple and vanilla essence (a few drops of each will be sufficient if the Glasgow Confectionery School essences are used). Pour into wetted tins till set; then turn out on to icing sugar and cut into squares and leave till dry. Roll each in icing sugar, dry thoroughly again, and pack in tins with plenty of icing sugar between each layer.

**Unboiled Sweets.**

*Method.*—A few recipes are given of sweets made with a foundation of icing sugar instead of boiled sugar.

These can never have the same fine flavour as boiled sugar sweets, neither will they keep for any length of time; but being quickly and easily made, a few illustrative recipes may prove useful.

Gum, gelatine, or white of egg are blended with icing sugar to give the desired consistency.

**✕ Mint Creams.**

*Method.*—Make a firm paste with icing sugar and white of egg, using the finest icing sugar obtainable, and flavouring with peppermint essence to taste.

Roll out thinly, and stamp into rounds with small cutter about one inch in diameter. Place on wire tray to dry in a warm place.

**Banana Crescents.**

*Method.*—Prepare in the same way as for mint creams, but stamp out in crescent form and use banana essence to flavour.

**Extra Strong Mints.***Ingredients—*

14 oz. icing sugar.	$\frac{1}{2}$ teaspoonful essence of peppermint.
	$\frac{1}{2}$ gill gum arabic.

*Method.*—Roll and sieve icing sugar and put in a heap on slab. Make hollow in centre and pour in gum.



Work sugar and gum together to a smooth paste. Knead in essence, adding one drop blue to give a good white shade. Cut into rounds and leave to dry.

### To prepare Gum for this and other Lozenges.

#### Ingredients—

$\frac{1}{2}$ lb. gum arabic.		$\frac{1}{2}$ pint warm water.
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*Method.*—Dissolve gum in water and strain through muslin.

### Lemon Lozenges.

#### Ingredients—

$\frac{1}{2}$ lemon—rind and juice.		1 dessertspoonful water.
One leaf gelatine.		About $\frac{1}{2}$ lb. icing sugar.

*Method.*—Remove rind of lemon very thinly, and put into a small pan with juice and water. When it has boiled for five minutes add gelatine and stir till dissolved, then strain.

Sieve icing sugar, and as soon as gelatine has slightly cooled stir in half the sugar, then turn paste on the slab and knead in the remainder till a smooth firm paste is made. Roll out thinly, cut into diamonds or stamp out with small fancy cutter.

### Lemon Tarts.

*Method.*—Prepare paste as above but keep out  $\frac{1}{2}$  gelatine and lemon mixture, and sweeten it to taste.

Stamp out lemon paste into rounds not more than one inch in diameter, and with a similar cutter, cut out the centres of half, the rounds forming rings of paste.

Place a ring on top of each round, sticking them together with a little of the lemon mixture, and fill up centres with lemon mixture sweetened to taste.

### Cocoa-nut Stamps.

#### Ingredients—

$1\frac{1}{2}$ tablespoonfuls grated or desiccated cocoa-nut.		1 sheet gelatine.
2 tablespoonfuls of milk.		$\frac{1}{2}$ lb. icing sugar.
		Geranium red colour.

*Method.*—Dissolve gelatine in milk, add cocoa-nut and infuse it in the milk for 10 minutes. Add colouring and allow to cool slightly, then stir in half the icing sugar. Turn on to slab and knead in remainder of sugar. Roll out and stamp into rounds. Brush tops with white of egg and sprinkle with a little desiccated cocoa-nut.

### Oddfellows.

#### Ingredients—

1 lb. icing sugar.		Flavourings.
4 sheets gelatine.		Colourings.
$\frac{1}{2}$ gill water.		Chocolate.

*Method.*—Dissolve gelatine in water, add sugar, and make a smooth, firm lozenge paste. Divide into four portions. Flavour white with peppermint, roll out  $\frac{3}{8}$  inch thick and stamp into small rounds  $\frac{1}{2}$  inch in diameter.

Colour  $\frac{1}{4}$  pink and flavour with cinnamon. Colour  $\frac{1}{4}$  yellow and flavour with lemon. Finish both pink and yellow same as white. To the last fourth add one dessertspoonful melted unsweetened chocolate and sufficient icing sugar to make to the same consistency as before. Then roll out and finish same as the rest. Leave all on trays till dry.

### Glacé Royale.

This is sometimes used as a glaze for sweets, and also coloured as a decoration.

#### Ingredients—

1 lb. icing sugar.		Acetic acid.
2 whites of egg.		Blue.

*Method.*—Sieve sugar and put a little in a basin with

white of egg. Beat till smooth and glossy, adding two drops of acetic acid to one white, and sufficient icing sugar to make it stiff enough to keep its shape when used for piping. One drop blue will give a dead white shade.

### Butter Icing.

#### *Ingredients—*

3 oz. fresh butter. | 6 oz. icing sugar.  
Colour and flavour.

*Method.*—Beat together till creamy. Colour and flavour to taste.

### Wrapping of Sweets.

Wax paper is used for this purpose as the sweets do not stick to this paper because of its specially prepared surface.

For finer kinds of sweets, nougats, and specially fine caramels, gelatine paper or coloured tinfoils are used. The tasteful use of these tinfoils adds much to the appearance of the sweets when finished.

When wrapping sweets cut paper first the requisite size, and wrap each one in exactly the same way, so as to ensure uniformity when all are finished.

### Packing of Boxes.

Boxes should be lined with grease-proof paper, and neatly folded strips of grease-proof paper should be placed between each row of sweets to keep them in position when packed.

Midget paper shavings should be placed in lid to prevent any rattling of contents. Boxes can be had both plain and decorated, and plain boxes can be decorated at home.

Here a wide field offers itself for the display of individual taste and ingenuity. Plain boxes can be transformed in a wonderful manner by those who can paint or design.

Basket-work, now a favourite hobby with many, can also be utilized to make charming receptacles for the sweet-maker's achievements.

For sales of work pretty little bags can be made from odds and ends of art linen, silk, etc., always remembering a grease-proof paper lining.

Coloured crêpe paper also forms a suitable material for the manufacture of sweet satchets.

The appearance of many a valuable gem is enhanced or marred according to its setting, and so it is with the sweet-maker's choicest productions.

Careless lining and packing mean greasy boxes and broken sweets, so we must have in this, the last stage of the sweet-maker's labours, the same care and attention to detail that have been required from the beginning.

After using good materials and spending time and trouble on the making of dainty bon-bons, see that the same trouble is taken to box them, so that they may appeal to the eye as well as to the palate, and reach the consumer in perfect condition.