

Candy loaves

Ingredients

2 cups sugar
3 tablespoons of honey
2/3 cup water
1/3 cup pine nuts
1 teaspoon ground ginger

Equipment

A small to medium sized copper candy pot
A candy thermometer
A metal mixing spoon
Measuring cups and spoons.
A trivet
A wooden pastry brush
A handheld mixer with beater attachments.
A mould of your choice.
Waxed or baking paper.
Pot holders

Heat the sugar, honey and water together, stirring frequently, over a medium to low heat. Brush down any sugar granules into the syrup with a wetted pastry brush til the sugar dissolves. Heat the syrup to 120 degrees (this is just over soft ball stage). Cool it a little by standing the pot in some cold water in a sink. Add the ginger and then beat with the hand held mixer til the mixture stiffens. This can then be warmed up again without affecting the structure of the candy (trust me I've done it heaps of times) and poured into moulds and sprinkled with the pine nuts. Push them in a little to ensure they don't fall off. Let cool and enjoy!

An easy way to clean your cooking pot is to fill with water and boil on the stove til the sugar dissolves. Never wash a candy pot with detergent as will taint your candy.

Notes: I've modified the recipe a bit by doubling the quantity of ground ginger and also the method that Hieatt, Hosington & Butler suggest. All other directions and quantities are theirs.

Source: *Forme of Cury* from the second edition of *Pleyn Delit: Medieval Cookery for Modern Cooks*, Hieatt, Hosington & Butler 1996