Candy

Tomas Andersson

Boksidan

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The candy discussed here is foremost the small pieces that can be picked individually in racks that are available in almost every grocery store in Sweden. I love it. My desire for it is not just a craving for sugar, but also a desire for the concentrated flavours that the pieces offer. I usually buy candy almost every day, but not so much, just like ten bits at a time. This since I noticed that only the first few bits that are really good. Then I eat almost only for them to end. For several years I have occasionally thought about making my own candy. But I have found no recipes on how to do it, besides the usual recipes for fudge, chocolate and toffee. I have therefore experimented in order to make a few basic recipes that yield results similar to what the stores can offer. But I have to admit that the factory-made candy is cheaper, better looking and much tastier.

Translated from Swedish to English, by Google translator and Gunnar Björing.

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Candy, ISBN: 978-91-88109-08-8

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The history of sweets

Humans have always liked sweets for the Stone Age man candy was what could be found in nature, such as nuts, dried fruits and berries.

In the tropical countries, the people chewed sugarcanes for several thousand years and the Mediterranean’s chewed dried liquorice roots.

More refined sweets like marzipan, comes from the Far East and it spread slowly across Europe. From the beginning it was exclusive items reserved only for the wealthiest in society. But when cane sugar in the 1000's began to be grown more widely in the countries around the Mediterranean, sweets became cheaper and more common.

Chocolate

In the 1500s ravaged the Spaniards in Central America. One of the things they took home with them to Europe from there was chocolate. It was in the beginning consumed only as a beverage. In the 1600s came the habit of drinking chocolate to Sweden. Even in the 1800's the drinking chocolate had the cocoa butter remaining. It was therefore a very fatty drink and it probably it did not look that very tasty as the fat does not dissolve in the drink instead it is floating on top. But in 1828 the Dutchman van Houten found out a method to squeeze out the fat and make a powder (cocoa) of the rest. Chocolate making began in the mid-1800s and 1875 milk chocolate was invented. Sweden got its first chocolate factory in 1873, when the brothers Cloetta founded one in Malmö. Somewhat later started a man named Mazetti another chocolate factory in the same city.

Today in Sweden we eat, on average, about seven kilograms of chocolate per person and year. The overthrow of Swedish manufacturers is:

Marabou
Marabou that was founded in 1916 by a Norwegian chocolate factory owner who previously owned the Norwegian candy manufacturer Freia. With time Marabou was listed on the Stockholm Stock Exchange and further later (in 1990) it became a subsidiary to Freia. A few years later Freia was bought by the international food group Kraft Foods. The Group is Sweden's second-largest candy company and it is the biggest chocolate maker. Their bestsellers include:

- Aladdin that was launched in 1939 quickly became very popular, as it was relatively cheap for being a box of pralines.
- Daim, launched in 1953. Since then it has spread throughout Western Europe. In 1990 the spelling was changed from Dajm to Daim.
- Marabou Milk Chocolate, which has been around since Marabou started. And the chocolate mixture forms the base of many of Marabou products.

Cloetta

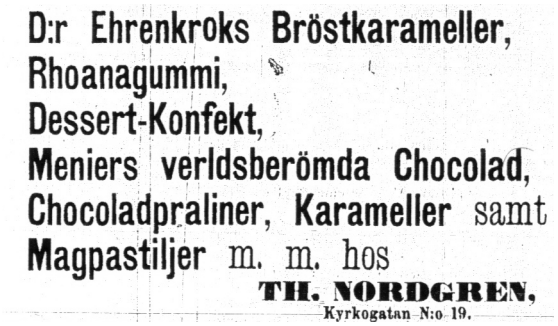
Cloetta grew steadily from the start and it acquired over time, several large companies such as Again (importer of Bassets products and the throat tablets Fishermen’s friend). In 2000, they merged with the Finnish manufacturer Fazer, but the merger did not work and they are now once again separate companies. Their best-known products include:

- Kexchoklad, which is the company's biggest product launched 1938.
- Plopp which came 1949th.

A long gone chocolate product from Cloetta.

Toffee, jelly and marshmallows

The art of refining sugar spread slowly during the 1500 - and 1600-centuries throughout Europe. The first candies were probability created in a pharmacy sometime during the 1700s. It was a sugar solution crystallized in a bowl and it resulted in a product called candy sugar. The colour was pale brown and it tasted sweet. Soon we learned to flavour it with spices and aromas of various types, such as vanilla. Over time candy sugar became more common as the production of sugar increased.
Until the end of the 1800s pharmacists, more or less, had a monopoly on the manufacturing of sweets. They developed the art further to include softer candy products, such as throat lozenges based on gum arabicum.
In Sweden, refined sweets were very exclusive until we, in the 1800s, began extracting sugar from the domestic product beet. After which our domestic candy industry emerged. Among other things, we invented polka pigs in the mid-1800s, when the polka dancing was all the rage. And in the early 1900s the gelatinous candy, such as jelly rats and chewy jelly raspberries came.



Advertizing from 1883. Candy made out of pure sugar (candy sugar or as called in this ad “Bröstkarameller”) was the most common sweets at that time. But also chocolate were beginning to spread among common people.

It emerged a number of manufacturers of sweets in Sweden. Now, the number of manufacturers is less, but they produce the more. Today we every year eat about seven kilograms candy per capita.

An advertising about throat lozenges from the mid thirties. Note how they listed health argument, which were common in advertising at this time.

An ad about throat lozenges from the late sixties. Still, it was pill boxes that mattered. Note that the arguments now are rather about taste than health.

Previously, sweets were only sold packaged or over the counter with a salesman who picked what the customers wanted. We, that are a little older, remember how we as children stood and pointed at the boxes, continually anxiously asking about the total sum (because the price then was per piece). It is now, since some twenty years, allowed for customers to put together their own mix, and probably therefore, the sale of sweets has increased from 3-5% of the candy market to about 30%. The largest player in the candy market is Karamellkungen which is a wholesale company owned by Fazer. Some bestsellers include candy in bulk are: Aromas Green Frogs, Toms Jelly Raspberries, Malacos Cola Bottles and Salted Herrings, Cloettas Sugar Bits and Fazer Coco Dots.
The largest "Swedish" manufacturers of candy are:

Malaco
1934 started as Malmö Liquorice Factory (later Malaco). Some of their best known products are:
- Käck (nowadays Kick), from 1954.
- Gott & blandat launched 1979.


A number of my favorite Malaco products. Salted Herrings and Cola Bottles.

Aroma
The company was started 1921 and the first product was cream toffee. In the 1930s they started producing jelly. Many of the products from that time are still big on the market, like jelly rats.

Cloetta
Among Cloettas jelly products are many of my childhood favourites, such as Tutti-Frutti which was launched in 1921. It was initially a mix of hard candy. But about 25 years later the soft version came, and it was introduced on the market in pill boxes. Cloetta has also introduced several other famous pill boxes like Salted Liquorice Figures (1952) and Emser (1933). But their main candy product probably is their marshmallow sugar cubes.

Dals
1946 Grevskapet Dals Konfektyr AB was founded in Bengtsfors. They make, among other products, Marshmallow Bananas and Dals Cream Toffee.

Toms-Webes
Tom Chokoladefabrikk is a Danish company founded in 1924. The company has grown through the acquisition of several candy manufacturers like Anton Berg, Penguin Liquorice and the Swedish company Webes (2002). Webes had several big sellers in Sweden, such as Liquorice Boats, Jelly Raspberries and Ferrari Cars.

Karamellpojkarna
The company started in 1952 in Alingsås, now it is owned by Cloetta. They mainly manufacture various clubs and bags of candies such Fünf Kräuter and Extra Strong. Among the things that tend to be among picking candy Home fudge is perhaps their main product.

Chewing gum

People have eaten gum since immemorial times. In excavations at a Stone Age settlement, archaeologists found something that is probably a primitive chewing gum with bite marks from a small child. The gum was made of birch sap and beeswax. Birch sap was used as chewing gum all the way into the modern era. At the forty-fifties it was popular with chewing gum in the U.S. and the practice spread to Europe. There have been several Swedish manufacturers of chewing gum, but now there is only one dominant player: Wrigley's, with brands such as Stimorol and Juicy Fruit.

Gum advertising from the mid-1980s. Large bubbles was what mattered, when it came to chewing gums for children.

Another gum ad from the same time. Hubba-bubba often occurred in children's magazines when I was a kid. The theme was always the same: Cowboys who chewed Hubba-bubba could make bubbles that scared the shirt of all opponents. The motto was "Big bubbles no troubles .... Hubba-bubba" The chewing gum sold today, however, are sold more with themes that it lowers the pH level in the mouth.

Common ingredients

Candy basically consists of sweetening and thickening agents, aroma, flavouring and colouring agents. The sweetener is usually sugar, but it may in some products also be artificial sweeteners. The thickener gives candy its texture and structure. Tastes, flavours and flavour enhancers give the candy its flavour. Dyes are added to give the candy a pleasing colour, which also serves to convey what flavour it is on the candy. Taste, colours, and some other substances are considered to be additives. Most additives have an E-number, which shows that it is approved by the European Union. All ingredients in the candy must be in the list of ingredients. They should be listed in order of importance and the first listed item is the ingredient that it is the most of.

Antioxidant

If there are antioxidants in the candy, it’s probably because the manufacturer wants to avoid fat rancidity. Or if the sweets are fruit based, to prevent discolouring. They also help to preserve vitamins such as A, D, E and B2.

Aroma

Aromas are added to candy for it to have a certain smell and thereby also contribute to the taste. Aromas can be divided into:

- Natural ones, which comes from fruits and berries.
- Nature identical, which is artificially produced copies of natural substances, such as vanillin, which is artificial but it smells and tastes like vanilla.
- Artificial, which is artificially produced and does not smell or taste like any natural substance.

Some candy manufacturers choose to use nature identical or artificial flavours, although there are natural ones, because the "un-natural" are cheaper.

Essential oils are strong smelling natural flavouring substances in liquid form. The oils are extracted from different parts of plants, like lemon peels or levees of peppermint plants. The candy industry uses a lot of essential oils, where they are often referred to as "natural flavourings." It is much easier to use essential oils than usual spices or grated citrus peels because the flavour becomes smoother. But one must beware of dosage. The essential oils are, unfortunately, so strong that a drop too much can ruin the whole candy batter. They also evaporate quickly if they become hot. So be sure to add them as late as possible in the hot part of the process. Some essential oils that are suitable for candy production are as follows:

- Anise, which is extracted from anise seeds by distillation. The oil tastes like the seed, a liquorice-like and slightly pungent taste.
- Orange, obtained by pressing the peels. It is the oil we extract when we tear orange peel in order to flavour food. It tastes like orange.
- Bergamot, obtained by pressing of bergamot peels. Bergamot is a small citrus fruit that is grown exclusively for its essential oil, which is mainly used to flavour Earl Grey tea and sweets. Bergamot has a more bitter taste than other citrus oils.
- Lemon, obtained by pressing of lemon peels. It tastes like lemon peels, I e considerably softer than lemon juice.
- Eucalyptus, obtained through distilling eucalyptus leaves. It has a very refreshing taste.
- Grape, which is also obtained by pressing the peels. The oil is not as sweet as orange and it has certain bitterness.
- Peppermint, obtained by distillation of peppermint leaves. The oil has a strong aroma and refreshing taste of menthol. Peppermint oil is often used in chocolate (After Eight), throat lozenges and chewing gum.

Chocolate

The base of chocolate is cocoa. Cocoa is extracted from the seeds of a fruit of a tree that originates from Central and South America. Today it is grown in the tropic region worldwide. The fruit grows directly on the branches and looks like twenty centimetres long cucumbers with a number of almond-sized seeds (cocoa beans) inside. The cocoa beans are fermented, and then they are roasted and grounded to a pulp from which the cocoa butter pressed. What is left after the pressing is cocoa.
White chocolate does not contain cocoa, but cocoa butter, dry milk, vanilla and more. Which means that it has a considerably weaker chocolate taste.

Dyes

In candy both natural and artificial dyes are used. The natural colours are produced in different ways depending on the different natural ingredients. Usually it is in-boiled or in-evaporated plant material. Synthetic colours are produced by chemical means.
Semi synthetic dyes are produced by chemical treatment of naturally occurring substances, such as chlorophyll.
Here are some other examples of natural dyes that are suitable for candy manufacturing:
- Yellow = carrot extract.
- Brown = caramelized sugar.
- Orange = Paprika extract.
- Red = Beetroot.
- Black = linden bark. Manufactured through carbonization of linden bark.

Emulsifying agents

Emulsifier's makes two subjects that do not really want to mix with each other, such as fat and water, mix anyway. If the mixture is a liquid, the liquid is called an emulsion. Emulsifiers, such as lecithin, are used in chocolate.

Thickener/gel

Typically for thickeners are that they may be dissolved or finely dispersed in water and then they form a gel. Many of those are extracted from natural sources such as potato flour or slaughter residues from animals (gelatine). The thickeners used in the candy industry are, except gelatine, mainly thickeners derived from plants such as tragacanth, gum arabicum and starch.
Gum arabicum (E 414) is extracted from resin from the African tree, Acacia senegal. It is often used as a thickener in candies such as gum and lozenges and it is completely tasteless.

Anti-caking agents

Anti-caking agents are added to dry food in powder form in order to make it flow easier and not cluster together, even if exposed to moisture. An anti-caking agents found in candy is Talcum. It is composed of magnesium silicate and it is used as a glazing agent in candies, so that they don't stick together.

Preservatives

Preservatives inhibit the development of bacteria's, moulds and yeasts. Which otherwise cause putrefaction, mildew and fermentation. In addition, the taste is maintained better over time. There are also other ingredients in confectionery, such as sugar and salt, which has a preservative effect without being considered as preservatives.

Artificial sweeteners and sugar alcohols

In order to make the candy sweet, we put in different sweeteners, which are either natural or synthetic. The natural sweeteners are different kinds of sugar. Candy may be called for sugar-free if it contains no sugars, however, it may contain sugar alcohols like mannitol, sorbitol or xylitol.
Artificial sweeteners are made entirely chemically. They are usually extremely much sweeter than all natural sweeteners. Aspartame, for example, a conventional artificial sweetener is 100-200 times sweeter and saccharin, and 500 times sweeter than sugar. Therefore, you only need to use very small amounts to get enough sweetness.
Sugar free candy can also be baked using maltitol syrup. It is a sugar alcohol that is produced by chemical means of crops, such as wheat, which has a high content of maltose (which incidentally is the main component of malt).

Liquorice

Liquorice is extracted from a bush. There are dozens of species of liquorices bushes that grow wild in southern Europe and western Asia. The raw material comes from the roots of the liquorice bush. Not the deep-reaching rhizome but up to 8 m long rhizomes in the horizontal direction out of the main root. The root tastes sweet first but eventually something bitter. The dried strains are crushed or milled and the powder is then boiled in water. The decoction is strained and in-evaporated to syrup consistency, and after cooling it is a black mass.

Nougat

Nougat is a mixture of mainly nuts and sugar/honey. Nougat is used as filler for chocolate.

Salmiak

Ammonia is a salt produced by mixing ammonia and chlorine. It is white in colour and easily soluble in water. Ammonia occurs in nature, but the ammonia used in candy is made completely chemically and therefore it is a nature identical flavour.

Salt

Acids and alkalis which are mixed neutralize each other to form salts. The most commonly used salt, is sodium chloride (table salt) which is formed when hydrochloric acid and ammonia neutralize each other. Table salt is extracted through the evaporation of seawater or by mining in salt mines.

Flavourings

The boundary between aroma and flavour is diffuse. Flavours in the strict sense are substances that are perceived by the tongue as sour, sweet, salty or bitter. The flavour is, however, experienced the most with the smelling sense. Flavours are as well as aromas divided in: Natural, nature identical and artificial flavouring. An example of natural flavour is liquorice extract.

Sugar

Sugar is used mainly for its sweet taste. But it also helps fruit liquids to retain their colour and thus contributes to the colour in fruit-based sweets. It also increases the durability through absorbing the water in the candy. The harmful micro organisms then can not grow as fast since they need water to do so.
The most common sugar in sweets is common table sugar, sucrose. In addition, there are a lot of other types of sugar which in some cases are suitable to use in some cases. For example:

- Icing sugar. Icing sugar is regular sugar but with a very small grain size. Icing sugar is appropriate to use when you want to cover the surface of the candy with a fine layer of sugar.
- Brown sugar. Brown sugar is a mixture of powdered sugar and cane sugar syrup. It may be appropriate to use if you want to make fudge.
- Muscovado sugar. Muscovado is a type of cane sugar that comes from the island of Mauritius. Light muscovado sugar gives caramel flavour while dark ditto give a liquorice flavour that can be recognized in some liquorice candy.

Acids

Acids are used primarily to give the candy a sour taste. Though a number of acids such as acetic acid are also have a preservative effect. The most common acids in sweets are:

- Benzoic acid E 210, which only has a preservative effect.
- Citric acid E330.
- Lactic acid E 270.
- Sorbic acid E 200, which only has a preservative effect.
- Tartaric E 334.
- Malic acid E 296.
- Acetic acid E 260.

Anyone who makes their own candy with fruit flavour should preferably use citric acid or lemon juice.

Surface treatment

Candy is surface treated mainly to give it a glossy surface. It is common to use beeswax or carnauba wax.

Recepies

Economically, it is absolutely no point in making candy because the ingredients are often significantly more expensive than what industry made candy costs in the supermarket. There is also pretty hard to get it as good and pleasing to the eye as it is professionally made candy. For those who still want to try, here are some recipes. It may take some experimentation to get the candy as you want it. Start with a small batch when experimenting.

The red slime in my dust bin is a raspberry fudge.

Chocolate truffles

Take out:

- A pot
- A measure deciliter
- A whisk
- A teaspoon, for measuring the appropriately sized beads
- A small bowl to pour cocoa
- A plate, to put the finished balls on

Ingredients:
1-1.5 decilitre of cocoa
1 dl whipping cream
0.5 dl regular sugar or light muscovado sugar
25 grams of coconut fat/margarine/butter
Flavouring [1]

1. For example, caramel sauce, or whatever you have at home. Note however that if what you add contains much fluid, you need to make up for it by reducing the cream proportionately.

To do this:

1. Melt the butter in a saucepan, on relatively low heat.
2. Add about 0.5 decilitre cocoa.
3. Stir.
4. Add cream, sugar, aroma and flavour.
5. Add another 0.5 decilitre cocoa.
6. Stir.
7. Set the pan in the refrigerator.
8. Pour the cocoa in a small bowl.
9. When the batter is quiet solidified (after about half an hour in the fridge), roll it to balls with the help of hands and a teaspoon (to measure the size of the balls).
10. Roll the balls in cocoa.
11. Put them on the plate.
12. Place the plate in the refrigerator.

Note 1! The balls should be kept relatively cool because otherwise they become sticky.
Note 2! The balls should be eaten pretty soon, because they have no preservatives.

Jelly

Take out:
- A pot
- A measurement kit
- A plastic case, to use as a mold
- A plastic cutting board
- A knife
- A whisk

Ingredients:
1 dl sugar[2]
1.5 dl water + 5 tablespoons of water to dissolve the gelatine powder in
5 teaspoons gelatine powder[3]
Flavors[4]
Matching food colour

2. If you make liquorice candy one should preferably use dark muscovado sugar, otherwise use regular sugar.

3. Candy gets tastier if you use gum arabicum instead of gelatine, but Gum arabicum is pretty hard to get a hold of and it is pretty expensive. A bag of about 25 grams cost about 50 SEK (in 2006). If you have gum arabicum, follow dosage instructions on the packaging.

4. To make fruit candy you can use, for example:
2 teaspoons of citric acid
Raspberry flavour/strawberry flavour/aroma berries or other fruit flavours.
If you want to make liquorice candy you can use for example:
Liquorice extract[5] and 1 teaspoon of salt

5. Liquorices extract is available in health food stores, but it is quite expensive (about 150 SEK for a small bottle).

If you ad wheat flour in the mixture you get a more stabilized product, like liquorice pipes, which in some cases are delicious.

To do this:
1. Dissolve 5 teaspoons gelatine powder in 5 tablespoons cold water.
2. Put water, sugar and possibly also salt in saucepan.
3. Set the pan on the stove and turn it on.
4. Heat the mixture until the ingredients has dissolved in the water.
5. Remove the pan from the stove.
6. Pour in gelatine.
7. Pour the mixture into the mould.
8. Add the aroma and flavour a little at a time, stir it and taste regularly. Stop when you find that the taste is just right.
9. Add the dyes bit at a time. Stop when you think the colour is good. You can also experiment with spreading the colour sloppy and mix colours. Then, if you succeed, you get a nice pattern.
10. Stir, but no more than that the colour and flavour just been distributed evenly in the batter.
11. Place the mould in the refrigerator until the batter has set, (takes one hour).
12. Carefully remove the candy from the mould and place it on the cutting board.
13. Cut out square shaped candy pieces with a knife.

Fudge

Take out:
- A pan, at least 2 litres
- A measure decilitre
- A baking dish
- A small bowl

A variant with 1 deciliter nut cream and only 50 grams of margarine. They where pretty good.

Ingredients:
4 dl sugar[6]
1 dl whipping cream
100 g margarine
25 marshmallows
Aroma, flavor and colour[7]

6. If you want to make fudge with fruit flavour is appropriate with powdered sugar. For fudge with caramel flavour it is advisable to use light moscovado sugar. For liquorice fudge it is advisable to use dark muscovado sugar.

7. For fudge with, for example, fruit or liquorice flavours add the desired essential oil and colouring as below. For caramel fudge add 200 grams light or dark chocolate and 2 teaspoons instant coffee.

To do this:
1. Grease the oven dish with margarine.
2. Turn on the stove (not too high heat) and put a saucepan on it.
3. Put the margarine[8] in the pan.
4. Add the sugar.
5. Add the cream.
6. Add the marshmallows.
7. Stir until all the marshmallows have melted.
8. Remove the pan from the stove.
9. Add the aroma and flavour a little at a time, stir it and taste regularly. Stop when you find the taste is just right.
10. Add the dyes bit at a time. Stop when you think the colour is good. You can also try to distribute it sloppy and mix colours. Then, if you succeed, you get a nice pattern.
11. Spread the batter in the oven dish.
12. Place in the refrigerator until the fudge has set.
13. Cut it up into suitable pieces.

8. To make caramel fudge, start by melting the chocolate (on low heat) and then put the coffee powder into the melted chocolate before adding the other ingredients.

Caramel

Take out:
- An oven tray
- A two-litre stainless steel and heavy-bottomed saucepan with lid, do not use an aluminium pot
- A measurement kit
- A thermometer measuring up to at least 180° C (it is possible also without thermometer, but the risks are greater that you will fail)
- Scissors
- Margarine, coconut fat or vegetable oil with a neutral flavour, such as almond oil, or corn oil
- Clean rubber gloves
- A small bowl
- One or two large towels
- One or two spatulas

Ingredients:
1 dl water
5 1/3 dl sugar
3 decilitre glucose[9]
Icing sugar, for surface treatment
Flavour and colour[10]

9. Glucose is especially convenient to use in toffee making, since it makes the batter more even and un-crystallized. It can be purchased at pharmacies, where a tube of 50 ml cost 33 SEK (in 2006).

10. Fruit flavour
2 teaspoons citric acid or 3 teaspoons if you want extra sour toffees
10 drops of for instance yellow or red food colouring
30-40 drops of an essential oil such as orange-/lemon oil or rasberry-/strawberry flavour

Peppermint
0.5 teaspoons of black food colouring
35-45 drops peppermint oil[11]

11. Peppermint oil is sold at pharmacies for about 40 SEK/ bottle.

Liquorice
5-6 tablespoons liquorices extract[5]
1 teaspoon of salt
0.5 teaspoons of black food colouring

5. Liquorices extract is available in health food stores, but it is quite expensive (about 150 SEK for a small bottle).

To do this:
Be careful not to burn yourself or cause any burns when handling the hot caramel mixture.

1. Start the oven and set it to about 100° C.
2. Grease an oven tray and all utensils that will come in contact with the caramel mixture.
3. Put the oven tray in the oven.
4. Spread towels where you plan to put the oven tray, so that you protect the bench from damage.
5. Fill a small bowl with the icing sugar.
6. Put water, sugar and glucose in the saucepan.
7. Turn on the stove and set the saucepan there.
8. Boil the mixture, without stirring, until it reaches a temperature of approximately 160° C[12].
9. Take the pan off the stove.
10. Remove the tray from the oven and place it on the towels.
11. Pour the batter on the tray.
12. Spread the flavouring and colouring on the batter.
13. After a minute or so, you can begin to scrape it together to a string.
14. Put on the oiled rubber gloves.
15. When the batter has cooled enough for you to handle it, grabs it.
    Note! The batter should be warm and soft, otherwise the race is run.
16. Process the batter by drawing it so that I becomes like a rope. If you then add up the batter again and repeat the drawing you get shinier caramels. The more you pull the smoother, shinier, and less transparent the batter will be.
17. Once the drawing is completed, form profile that you want (for example, cylindrical).
18. Cut bite-sized pieces.
    Note! The cut sweets should not come in contact with each other while they are cooling down, because they easily stick together.
19. Scroll, if you want, the sweets in icing sugar.

12. Keep track of the temperature when you heat the sugar mixture, it rises rapidly towards the end! Temperatures lower than 157° C gives soft and slightly sticky candies. If the temperature is higher than 165° C the batter is getting burned. If you do not have a thermometer, cook until the mixture is darkened and become syrupy. It must definitely pass the drop test: A drop of the mixture hardens and becomes solid when dropped into cold water.

Toffee

Take out:
- An owen dish in glass or ceramics
- A two-litre stainless steel heavy-bottomed saucepan with lid, do not use an aluminium pot
- A measure decilitre
- A tablespoon measure
- A sharp knife

Ingredients:
2 dl whipping cream
2 decilitre sugar
0.5 decilitre light syrup or light muscovado sugar
Butter or margarine
Taste and colour[13]

[13.] For example, one tablespoon of cocoa, or nut cream.

To do this:
1. Grease the oven dish.
2. Turn on the stove and set the pot there.
3. First add the cream, then sugar, syrup and cocoa.
4. Stir fairly often.
5. Boil the mixture until it thickens. The process is complete when it passes the drip test: One drop of the mixture solidifies and becomes solid when dripped into cold water.
6. Stir in 25 grams margarine/butter and pour the batter into the greased oven dish.
7. When the batter begins to solidify cut it into squares with a sharp knife.

Nougat

Take out:
A stainless steel heavy-bottomed saucepan with lid, do not use an aluminium pot
A measurement kit
An Owen dish of glass or ceramics
A kitchen knife

Ingredients:
2 dl almond
2 dl granulated sugar or light moscovado sugar
8 tablespoons water
4 teaspoons lemon juice
Butter/margarine

To do this:
1. Grease the oven dish with butter/margarine.
2. Put water, lemon juice, sugar and almond in the pan.
3. Turn on the stove and set the pot there.
4. Stir constantly.
5. Boil the mixture until thickened, about 15 minutes. The mixture is complete when it passes the drip test: One drop of the mixture solidifies and becomes solid when dripped into cold water.
6. Pour the mixture into the oven dish.
7. When it has solidified a bit, cut it into squares with a knife, and pick them out.

Some health aspects

Allergenic substances in candy

Examples of allergens that may be present in candy:

- Wheat protein and gluten, in the form of glucose syrup that may be made of wheat.
- Eggs. Marshmallow type candy can be made from egg whites.
- Hazelnuts, almonds and peanuts. Traces of nuts may be present in all chocolate products.
- Soy. In many chocolate products there is lecithin from soy.
- Dairy products with cow's milk protein and lactose is present in many chocolate products and candies such as caramels beans and fudge.
- Sulphite occurs both as preservatives and antioxidants in some candy.
- Carmine. Carmine is a red dye that could occur in candy which can cause severe allergic reactions.

Liquorice

Liquorice also acts expectorant and it is therefore used as a treatment for cough. As you may have noticed, some cough medicines tastes liquorice. Liquorice also has a laxative effect, but to notice it one has to eat a lot. Someone who consumes large quantities of liquorice during a long period may also run a higher risk of getting high blood pressure and eventually even heart problems. To be on the safe side one should, at regular consumption, stay under 50 grams of liquorice candy per day.

Salt

Salt is an essential nutrient, but a high intake of salt increases the blood pressure and with it, the risk of cardiovascular diseases.

Salmiak

One should not consume pure salmiak as candy, since it may cause acute health problems.

Sugar and fat

Jelly and sour candies contain mostly carbohydrates, in the form of sugars and starches (see table 1). Chocolate contains besides carbohydrates also fat. “Health sweets”, like chocolate covered nuts and stuff does also contain fat, sugar and starch. The difference compared to regular candy is that Health candy contains more fibres, because they often containing dried fruits or nuts.

Table 1. Approximate nutritional content of 50 grams of sweets of various kinds. In Sweden we eat an average of about 46 grams of candy per person and day. And we on average consume about 1 500 to 3 000 kilocalories (kcal) per day.

	Energy (kcal)	Fat (g)	Carbs (g) not fibers	Fibers (g)	Iron (mg)
Milk chocolate	278	17	27	0,2	1
Dark chocolate	274	16	30	0,5	1,8
Jelly	175	0	40	0	0,7
Caramel	197	0	47	0	0,6
Kit Cat	282	15	33	0,4	1,1
Toffee	228	9	35	0	0,4
Helth candy	193	11	20	8,5	1,6

Sugar alcohols and artificial sweeteners

Just as sugar, sugar alcohols contain energy. Which is important to know, for those who do not want to gain weight. Consumption of large amounts of sugar alcohols may also have a laxative effect. But the bacteria in the mouth do not break down sugar alcohols to acids, making them better for the teeth. Artificial/synthetic sweeteners such as saccharin or aspartame, however, are not only gentle to the teeth but also almost free from energy. But aspartame contains phenylalanine and people who have the innate disease phenylketonuria can not stand that topic. That's why it says "Contains a source of phenylalanine" on some candy products.