

FOOD FORUM

Dorothy Johnson

Gifts From The Kitchen CANDY

Sweets to the sweet. The word candy comes from the Persian word "gand" and although there is no one ingredient necessary to its making, the end result must be sweet.

In the early days, it was the druggist who had charge of candy-making. Candy drops containing peppermint, hoarhound, and wintergreen were healing as well as tasty.

The first real candy was made in the form of stick candy. Today candy-making is an important industry in the United States. But most good cooks enjoy turning out their own occasional batch of fudge to please the youngsters, or to recapture family pleasure of olden days, when the fragrance of homemade candy brought old and young to the kitchen.

UNCOOKED FONDANT

1/3 c. soft butter or margarine, 1/2 c. light corn syrup, 1/2 tsp. salt, 1 tsp. vanilla extract, 3-1/2 c. (1 lb.) sifted confectioners sugar. Blend all ingredients but sugar; mix in sugar; knead until blended. Makes about 1-1/3 pounds.

CANDIED FRUIT SQUARES

Substitute rum extract for vanilla in the uncooked Fondant recipe. Add 1/2 cup finely chopped candied fruit (cherries, pineapple, orange and lemon peels). Roll 1/2 inch thick--cut in squares.

MOCHA LOGS

Add 2 teaspoons instant coffee to uncooked Fondant recipe. Shape into rolls 1/2 x 2 inches. Roll in chocolate sprinkles, or finely chopped nuts.

OLD TIME PENUCHE

4-1/2 c. (2 lbs.) firmly packed light brown sugar, 1 c. evaporated, undiluted milk; 1/2 c. butter or margarine, 1/4 tsp. salt, 1 tsp. vanilla extract, 2 c. chopped walnuts.
In large saucepan, mix sugar, milk, butter and salt. Cook stirring, until sugar is dissolved. Continue cooking until 238 F. registers on candy thermometer, or until a small amount of mixture dropped into cold water forms a soft ball. Remove from heat and let stand until lukewarm (110 deg.). Add vanilla and walnuts. Beat until mixture is thick and loses its gloss. Pour into buttered 9-inch square pan. When firm, cut into squares. Makes about 3 pounds.

RUM BALLS

1 c. crushed vanilla wafers, 1 c. confectioners sugar, 2 tbsp. cocoa, 1-1/2 c. chopped pecans, 2 tbsp. light corn syrup, 1/4 c. dark rum, 1/4 c. fine granulated sugar.
Combine fine crumbs, confectioners sugar, 1 cup pecans, and cocoa. Shape into 1-inch balls. Roll half in granulated sugar and remainder in 1/2 cup nuts. Makes 2 dozen.

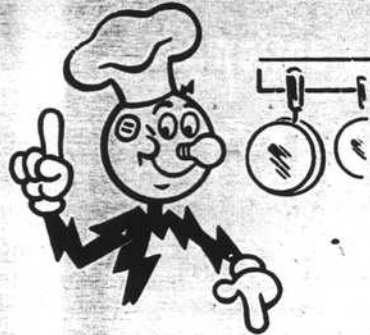
CANDIED GRAPEFRUIT or ORANGE PEEL

Peels of 2 large or 3 medium grapefruit or 3 large oranges, water, 3 cups sugar. Cover peel with cold water. Bring to boil and cook until tender, pouring off water and adding fresh cold water several times. Drain.

With spoon, remove white inner portion of peel. With scissors or sharp knife, cut peel into thin strips. Make syrup by heating 2 cups sugar with 1 cup water. Add peel; cook over low heat until peel has a clear, candied appearance. Remove peel. Drain 3 or 4 pieces at a time, allowing excess syrup to drain back into saucepan. Roll strips separately in remaining 1 cup sugar until well coated. Place on rack to cool. Store in tightly covered container in cool dry place. Keeps for at least a month. Makes about 1 pound.

POP CORN BALLS

1 c. molasses, 1 c. corn syrup, 1 tsp. cider



REDDY KILOWATT'S HELPFUL HINTS FOR HOMEMAKERS

Stir up some real excitement this holiday season with this gay and tasty punch; serve it with peppermint candy canes as stirrers.

An electric blender will get the job done quickly and you'll be ready to join your guests in the fun and festivities.

CANDY CANE PUNCH

1/2 c. lemon juice
2 6-oz. cans frozen orange juice
1/2 c. sugar
2 egg whites
12 hard peppermint candies
2 quarts ginger ale
Peppermint candy canes (One for each person to be served).

Put all ingredients except candy canes and ginger ale into blender container, cover and process at LIQUEFY or HIGH until candies are liquefied. Pour liquid from blender into punch bowl and add ginger ale. Stir gently to mix.

Serve with peppermint candy canes as stirrers. Makes approximately 20 6-ounce servings.

Brighten your holiday table by decorating punch cups with colorful Christmas stickers.

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vinegar, 3 tbsp. butter, 1/2 tsp. salt, 2 qts. freshly popped corn.
In saucepan, combine molasses, syrup, and vinegar. Cook until 266 deg. registers on candy thermometer, or until small amount of mixture dropped into cold water forms a hard ball. Stir in butter and salt and pour slowly over popped corn, stirring so that each kernel is coated. Butter hands slightly and shape into 3-inch balls. Cool; wrap balls individually in wax paper or plastic wrapping. Makes 6 balls.

CHOCOLATE FUDGE

3 or 4 oz. (3 or 4 squares) unsweetened chocolate, 1-1/4 c. milk, 3 c. sugar, 1/4 tsp. salt, 1 tbsp. light corn syrup, 3 tbsp. butter or margarine, 1-1/2 tsp. vanilla extract, 1 c. chopped nuts.
Combine chocolate and milk in large heavy skillet. Cook over low heat, stirring, until smooth and blended. Stir in sugar, salt, and corn syrup. Continue cooking without stirring until 236 deg. or until a small amount of mixture when dropped into very cold water forms a soft ball.

Remove from heat; add butter, vanilla and nuts. Cool, without stirring, until lukewarm. Beat vigorously until mixture thickens and loses its gloss. Pour quickly into a buttered pan. Cut into squares and remove from pan while warm.

FASHIONS AT A GLANCE

By Mattie Smith Colin (NPI)

Negro Designer, Louise Gilkes, with Joe Fouts, has a new venture. Dubbed "Beautiful Stuff"...in the Budget priced (\$50-\$100) collection is a short frilly evening dress in white organdie and chocolate crepe...Some of the duo's unique evening things sell for \$200 to \$600, in such places as the Fancy at Henri Bendel...Louise and Joe began with \$5 remnants pieced fashionably into patchwork scarfs.

Furs are going to be long...coats, capes and dresses...In Leo Ritter's custom collection are fitted coats with uneven hemlines...in Gray Russian Broadtail...A fishtail black slinky gown is in leopard.

Leather "belts", a long plaid (beige and white) coat of Mink, by Reiss and Babrizio.

Christian Dior's body coat of Black Russian Broadtail, has a chin-up collar.

Fur dresses, with companion coats are the "in" costumes...a Flash combo, by Luis Estevez for Radley---turquoise mink shift, skinny gray Russian Broadtail coat, lined in turquoise mink.

Pearly Indian Broadtail by Betty Yokova, is a tiny dress, pleated skirt and a long-belted jacket.

Something new...the shirt-coat...Muriel Reades at Monarch, is brown melton, youthfully cut (close to the body), belted, collar buttoned down in brass, with easy moving skirt.

Head coverings for night will glitter and glitter...crystals, beads, ribbons and net...sparkling, fanciful crystals and beads on headbands of velvet; wisps, black point d'esprit studded with tiny mirrors and sequined net....

A Jaguar print pant-suit, tent coat in printed velveteen, chain belted in the back, and chocolate brown fitted cloque coat, are among the unusual designs in Valentino's rainwear collection.

Attention male Xmas shoppers...no need to frustrate--for the girl who has everything, Neiman Marcus has a GOLD SPUN WIG, \$35,-000.

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