



Mint Candy

Sweeten up your kitchen with some homemade mint candy.

Equipment needed

Candy thermometer Baking sheet or shallow candy molds Cheesecloth

Ingredients 1 cup peppermint or applemint leaves 1 ½ cups apple juice 2 cups sugar ¼ teaspoon cream of tartar green food coloring

Preparation

Lightly oil the baking sheet or candy molds, to prevent sticking. Place leaves and juice in a saucepan and bring to a boil. Cover and remove from heat. Steep at least 15 minutes; longer if a strong flavor is desired. Strain through several layers of cheesecloth into a 3-quart saucepan.

Add sugar and cook over medium heat, stirring constantly until sugar is dissolved and mixture begins to boil. Insert candy thermometer and cook without stirring until temperature reaches 240 degrees F, or soft-ball stage. (The stage at which a drop of the liquid dropped into a dish of cold water will form a soft ball.)

Remove from heat. If coloring is desired, add 1 to 2 drops of green food coloring--more for darker color. Beat in cream of tartar, and continue beating until mixture becomes creamy in texture and color. (It will literally look like cream has been added to it.) Immediately drop by teaspoon onto baking sheet, or into candy mold. If using a mold, press the back of the candy into the mold with an oiled knife; it sets up quickly. Yields about one pound of candy.