



HOW TO MAKE YOUR OWN MAPLE SUGAR CANDY

What you'll need:

An adult helper (this is essential as the syrup gets very hot and sticky!)
2 cups pure maple syrup
Dab of butter
1 tsp. milk, or 4-5 drops vegetable oil (optional)
Candy thermometer
Wooden spoon
Silicone/rubber candy molds, mini or regular cupcake pan, or 8x8 baking pan

What to do:

Coat the inside rim of a deep, high-sided 3-qt. saucepan with butter (this will help prevent the syrup from boiling over).

Prepare your pan or molds. Silicone candy molds are perfect for this and come in a variety of fun shapes, but you can also use a mini or regular-sized cupcake pan, or even just a square baking pan (you might want to spray or coat those lightly with vegetable oil to help the candy release easily).

Pour the maple syrup into the saucepan and **have your adult helper boil it carefully**, without stirring, until it reaches 242 degrees. The syrup may foam up during this process – you can add a teaspoon of milk, or a few drops of vegetable oil, to help control this.

Remove the pan from heat and let it cool for 3-5 minutes, to about 175 degrees, without stirring. Stir the maple syrup with a wooden spoon for a few minutes (don't beat it), until the liquid loses its gloss and starts to change color. Quickly pour the liquid into the molds or baking pan. (If the syrup hardens in the pan before you can pour it out, don't worry! Just add a cup of water, re-heat slowly to dissolve the sugar, then start the process again.)

Let candy set until fully cool, then pop it out of the molds or cut it into squares.

YUM!

