

# FRUIT PASTE CANDIES



## INGREDIENTS

2 CUPS FRESH FRUIT PULP OR  
CANNED FRUIT

1/3 CUP SUGAR

UNSALTED BUTTER OR LARD

## TIME

10 MINUTES

+ EXTRA TIME TO COOL

## DIRECTIONS

IF USING CANNED FRUIT,  
MASH FRUIT.

PRESS PULP THROUGH FINE  
STRAINER.

ADD 1 1/3 CUP OF SUGAR.

LIGHTLY COOK MIXTURE ON  
STOVE FOR ABOUT 10 MINUTES,  
OR UNTIL THICK AND CLEAR.  
TURN HEAT DOWN IF NEEDED -  
DO NOT ALLOW ANY  
BROWNING.

ONCE PASTE IS THICK AND  
CLEAR, TURN ON TO BAKING  
SHEET BRUSHED WITH  
UNSALTED FAT OR  
PARCHMENT PAPER.

LET DRY UNTIL A FILM FORMS  
OVER TOP, THEN TURN ON TO  
WIRE SCREEN OR RACK AND  
DRY UNTIL NO LONGER STICKY.

ROLL AND CUT INTO DESIRED  
CANDY SHAPES.

## NOTES

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FRUIT PASTE CANDY RECIPES CAN BE FOUND IN COOKERY BOOKS FROM THE VICTORIAN PERIOD INTO PRESENT DAY.

THIS PARTICULAR RECIPE IS FROM THE AMERICAN WOMAN'S COOK BOOK, EDITED BY RUTH BEROLZHEIMER (1956).

FRUIT PASTE CANDIES ARE A GOOD WAY TO USE PULP FROM OTHER FRUIT-BASED RECIPES LIKE JELLIES, CORDIALS, AND FRUIT WINES.

THIS RECIPE ENCOURAGES THE USER TO TRY MIXING TWO OR MORE PASTES!

